Page 17:
Hamilton Club Sports Enjoy Recent Success

SPEC Tube
Page 16: Editor's Pick:
What's hot on the 'tube...

Page 15:
An Exclusive Interview with Ellis Paul

RECEIVED
APR 11 2007
ON COLLEGE
LIBRARY

A Hamilton College Student Publication, Clinton, NY
April 6, 2007
Volume XXXXVII Number 23

THE SPECTATOR

Understanding Hamilton's Long History of Protest

Part One: Bob Moses Goes Here

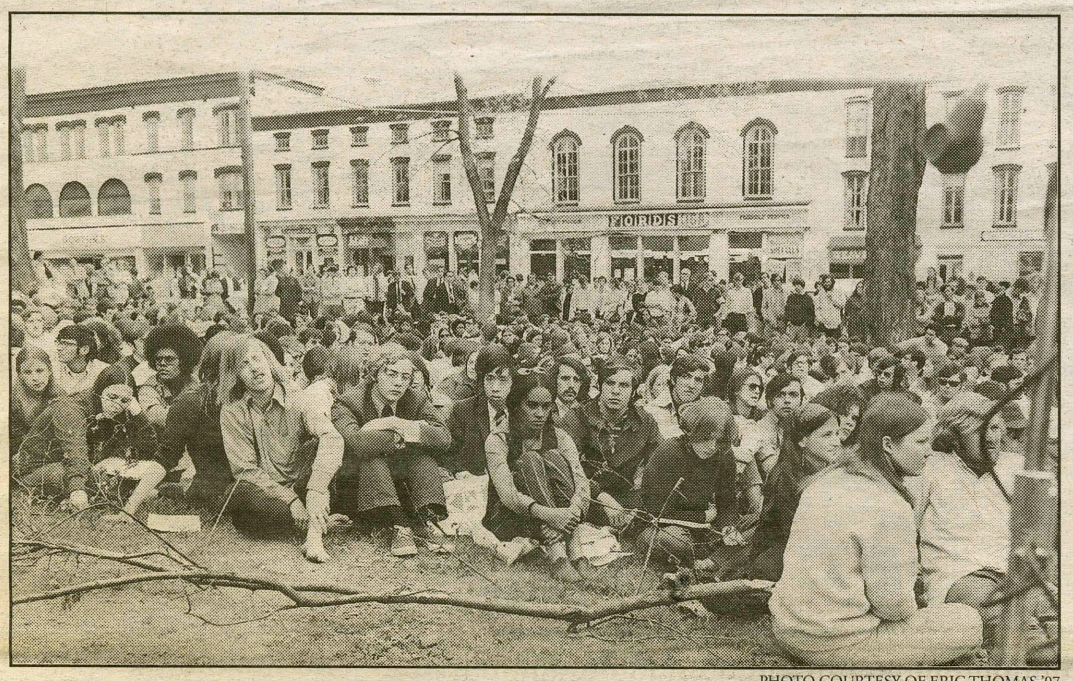


PHOTO COURTESY OF ERIC THOMAS '07

Hamiltonians engage in protest on Clinton's village green.

by Eric Thomas '07
Features Conributor

For those who don't know, Bob Moses was, and still is, a civil rights leader.

He worked tirelessly in the early 1960s as Mississippi Field Secretary for SNCC (the Student Nonviolent Coordinating Committee) and spearheaded the Freedom Summer project in 1964, registering black voters in the segregated south.

In the course of his work, he was beaten, jailed and shot at. He was also called an "unmitigated idealist" in his Hamilton yearbook.

Bob Moses graduated from Hamilton College in 1956.

But that seems to be a well-kept secret, particularly amongst the student body.

Some Hamilton sociology students in the American Society class read *Freedom Summer*, Doug McAdam's book on the voter registration movement in the south.

They learned all about Mr. Moses and his leadership.

What they didn't learn (it was just never mentioned) was that Moses is a Hamilton alumnus.

I was in that sociology class, and when I learned (some months later) that Robert Parris Moses was a member of the Class of 1956, I found myself with some big questions.

Just what do we know, as students, about Hamilton's past activism? Were we more or less politically active than past generations?

My enrollment in one of Hamilton's 1968-oriented sophomore seminars only fueled my curiosity.

My classmates and I began to look for parallels between one generation of students, lashing out against an unpopular war in Southeast Asia, and another generation berated as apathetic for its lack of response to an increasingly unpopular war in the Middle East.

The more I studied, the more I kept coming back to the same theme: Just who were we then, where are we now, and how did we get here?

I decided, for practical purposes, to look at the generation after Moses. The 1950s were not nearly as rife with social and political upheaval. By all accounts, it was a time of economic growth and relative stability for a majority of Americans (not unlike what our generation thinks of the 1990s).

*see **Student Activism**, page 12*

Richard Haass to Speak at 2007 Commencement

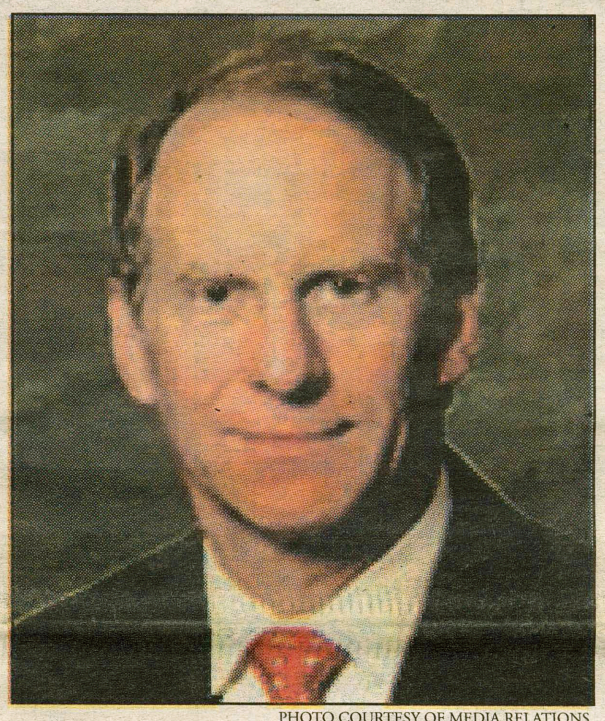


PHOTO COURTESY OF MEDIA RELATIONS

Haass is the President of the Council of Foreign Relations.

by Emily Poe '10
News Writer

President of the Council on Foreign Relations and former Hamilton Visiting Professor of International Studies Richard Haass, will deliver the Commencement address on the Hill this year.

He will give the address on Sunday May 20, 2007 in the Margaret Bundy Scott Field House at 10:30 a.m.

Haass, a Rhodes Scholar holds a bachelor's degree from Oberlin College.

He also has both a master's degree and philosophy degree from Oxford University.

Before serving as the President of the Council of Foreign Relations, Haass was director of policy planning for the U.S. Department of State.

As a result of his service in that position, he received the State Department's Distinguished Honor Award.

From 1989 to 1993, Haass served as the special assistant to President George Bush.

He also was the senior director for Near East and South Asian affairs on the staff of the National Security Council and was awarded the Presidential Citizens Medal.

Additionally, Haass has served as vice president and director of foreign policy studies at the Brookings Institution.

He also has authored and edited numerous books on American foreign policy.

Hamilton Class of 2011 Receives Acceptance Letters

by Kara Labs '09
News Writer

On March 23, 1,350 Hamilton admittance letters went out to expectant students hoping to join the class of 2011.

You remember how it was: anxiously waiting to hear, going to your mailbox everyday, hoping for the big envelope, (not the little one.)

This year marks the lowest number of admits since 1982, when the class size was 440. The acceptance rate is also a record low, a mere 27 percent. The previous low, 33 percent, was achieved last year and in 2003. But there is a reason behind all this.

Dean of Admission and Financial Aid Monica Inzer, commented, "We have been overenrolled the last two years, in spite of accepting less students, and we need a smaller first-year class.

"We don't have any room on campus in the fall to be oversubscribed again. We'd rather be on the conservative side... and come up a bit short and use the waitlist to climb up to our desired number if need be."

She went on to say that the target class size for this year is 465, which differs slightly from the target class of 470 in the previous two years.

However, the class of 2009 ended up having 501 students and the class of 2010, 503 students.

This year, there was a total number of 4,962 applicants, which was a 16 percent increase over last year's total of 4,267 and 361 more than the previous record of 4,601, set in 2001.

Early decision applications also increased with a record high total of 640, up 22 percent.

In addition to the record high applications, the quality of the applicants has also increased as demonstrated by their SAT scores and class rank.

The average SAT for admits was 1401, compared to 1386 last year and 1388 in 2005.

84 percent of the admits ranked in the top 10 percent of their high school class, compared to 81 percent and 77 percent for the last two years respectively.

Inzer believes that "because more students that we admit have been choosing us for two years running, this is now a

*see **Accepted**, page 2*

Hamilton Choir Finds Some Southern Hospitality

by Alicia Wright '10
News Writer

From what was a snow-capped hill here in Clinton, the Hamilton College Choir and College Hill Singers embarked on an adventurous journey into the South.

Hitting eight cities in all, the trip began in Baltimore, Maryland, moved on to Charlotte, North Carolina, tagged Charleston, South Carolina, headed back north to Richmond, Virginia, made a stop in Washington, D.C. and then finally visited two northeastern towns, Lawrenceville, New Jersey, and Binghamton, New York.

WWW.HAMILTON.EDU

The Hamilton College Choir visited eight cities on their Spring Break tour in March.

Nearly the entire 71 member choir attended the southern tour, traveling daily in a bus for all eight days as they hit each city.

Each year, the Hamilton College Choir and College Hill Singers travel to a different region; last year it was the Northeast.

Their performances were held in churches in each city, (operating under different denominations).

During performances, the choir performs both sacred and secular pieces, and even tackles with perfection the lengthy J. S. Bach motet "Jesu, meine Freude."

For lodging, the members of the choir stayed with host families from the churches who were often times Hamilton alumni. Rebekah Mintzer '09 said that by staying in the homes within the communities, the members were able to meet more people through the congregations and find a nice feeling of community.

By staying with Hamilton alumni, Mintzer said that the students got the chance to hear old anecdotes about their days back on the Hill.

Mintzer 's favorite part of the trip was seeing the commitment these alumni have to Hamilton and how even after graduation, they still feel like a part of the Hamilton community.

Heather Otis '10 said of her favorite part of the tour, "I enjoyed the hospitality of complete strangers and their enjoyment of our performances."

Getting closer to the other choir members was the favorite part of the trip for Chris Love '10.

The choir saw sights and explored in Washington D.C. and Charleston.

While in D.C., Mintzer described an instant in the Smithsonian in which the group decided to break into song.

One security guard called them "BADD", meaning that they were very impressive.

Of all the cities visited, Charleston seemed to be a favorite. From the palm tree lined streets to the endless history and beauty, Charleston showed the group some good ol' Southern Hospitality!

With an obviously happy choir after the southern tour, the Hamilton College Choir and College Hill Singers returned to the now thawed hill and culminated their tour with a performance last Friday in Wellin Auditorium.

They now look forward to a new tour on their next spring break.

Hamilton Admissions Sends Out Acceptance Letters

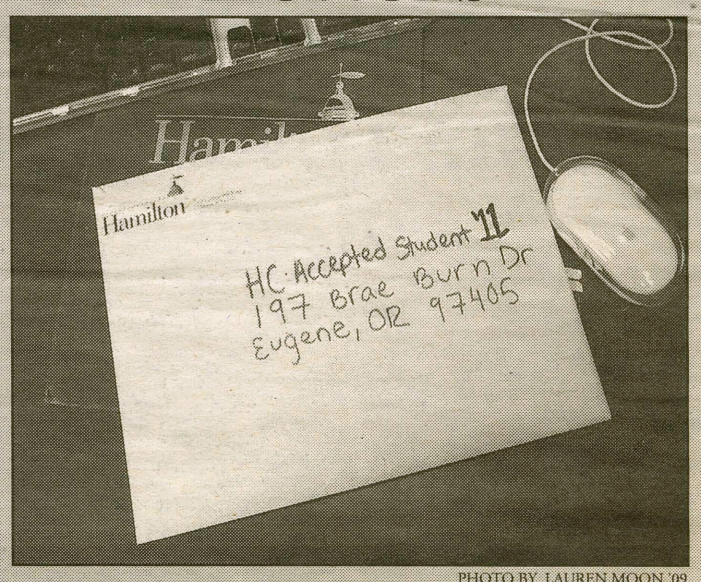


PHOTO BY LAUREN MOON '09

This year marks the lowest number of students accepted since 1982.

from Accepted, page 1

trend and not a fluke. Therefore, our predictive models call for a higher 'yield,' which is the percentage of admits that choose Hamilton, which translates into fewer admits."

In addition this pool of admits is more diverse than in the past. There are students from 47 states and 40 countries. Multicultural students from the U.S; compromise 23 percent of the admits. An additional five percent are international. This is compared to 20 percent and four percent last year, and 21 percent and five percent in 2005.

Also this year, international students at Hamilton received letters asking if they would be interested in getting in touch with some of the accepted International Students.

This program, the International Student Outreach Program, is one of many other ways to reach different student groups within the accepted student pool.

"We offer on and off-campus events, programming, Open House, overnights, e-mail contact, targeted mailings and e-mails to specific groups from the appropriate people- alumni, faculty, coaches... student groups." said Inzer .Our main intention is to help these students decide if Hamilton is a good fit for them, and also to make sure they know how much we'd like them to join us on College Hill!

Acceptance deposits for the class of 2011 are due May 1, and the Hamilton community looks forward to welcoming the incoming class.

Limbaugh Lectures on Christian Persecution

by Martin Connor '09
Editor-in-Chief

This past Tuesday April 3, David Limbaugh gave a lecture entitled "Persecution" in the Fillius Events Barn at Hamilton College. Limbaugh, author of the best-selling book *Persecution: How Liberals are Waging War Against Christianity*, explained to an audience of nearly 70 Hamilton students his opinion that secular liberals are discriminating against Western civilization, traditional values and Christianity in public schools and institutions of higher learning across the nation.

Limbaugh explained that Christian men drafted the United States government with a Christian outlook on the world. He cited numerous examples, including the personal prayer book carried by George Washington, as evidence of this fact. This outlook, he argued, embraced the idea that human beings are fallible, and consequently must be guided by someone or something of higher moral authority. Because humans are fallible, he explained, no human can fill this role. Limbaugh expressed his belief that the constitution of the United States and its governmental system were conceived according to this principal. Our system of checks and balances, he said, were meant to prevent any one fallible human being from becoming powerful enough to act as a guiding force.

Limbaugh began the lecture by explaining that his purpose was not "to be provocative and controversial," but simply to "challenge conventional wisdom." He then continued by explaining that our nation, conceived according to Christian principle, "owes its freedom to religious principles." Furthermore, he believes that in the present day "secularists say that faith and freedom are incompatible," while he believes "they are harmonious."

Limbaugh then went on to explain his opinion that the government today is discriminating against Christians due to misinterpretation of the Establishment and Free Exercise clauses of the constitution, which guarantee that the government will support religious freedom and at the same time refrain from establishing a specific religion in our nation. Limbaugh, however, argues that a government that enforces total separation of church and state cannot actively promote religious liberty. By banning religion in the classroom, Limbaugh asserts, the government is actually suppressing religious liberty.

Limbaugh does not believe that the government should endorse a specific religion either, the other extreme. Using the example of abortion and Roe v. Wade, Limbaugh explained that he would not support a federal ban on abortion, but would instead like the federal government to grant states governments the right to decide the abortion question on their own.

Limbaugh is only one of two conservative speakers to lecture on the Hill this year, and the largely liberal audience displayed minor misgivings during the question period following the lecture. Limbaugh also made several contentious claims during his talk. While explaining that there is a bias in the current multicultural Western civilization he explained, referring to liberals, that "some of the people doing bad things would probably think it isn't bad, but some know what they're doing, like Chuck Schumer."

Though several members of the audience replied with similarly vehement questions, the lecture was largely tranquil as both audience and speaker maintained a respectful approach to the subject.

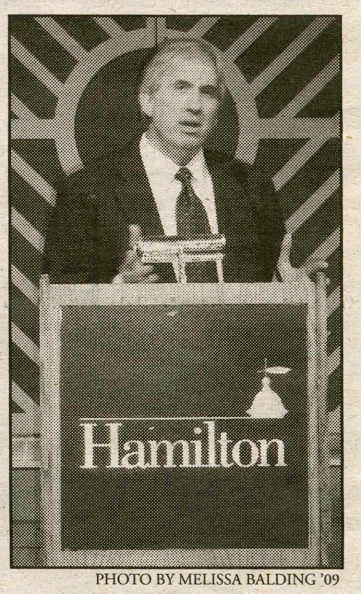


PHOTO BY MELISSA BALDING '09

The lecture was hosted by the Hamilton Republicans and sponsored by Student Assembly and the President's Office.

THE SPECTATOR

Reacting to Controversy

Hamilton has enjoyed its fair share of controversy over the past few years. Some have criticized Hamilton for this, but is it really a problem?

This week's *Spectator* features three articles that deal with controversy: . Features writer Eric Thomas '09 discusses Hamilton and Kirkland's history of social activism, investigating civil rights leader Bob Moses '56 and campus Vietnam War protests. In the News section, editor-in-chief Marty Connor '09 reports on David Limbaugh, Rush Limbaugh's younger brother, and his lecture on Christianity and religious freedom in America.

Both articles touch upon controversial topics and how those topics are discussed on this campus. Thomas questions why current students know so little about Hamilton's activist history, and Limbaugh criticizes the way that the whole education system, and colleges in particular, ignore what he considers to be the "true" story and ideas behind the American founding. Limbaugh's visit also raises questions about the presence, or lack thereof, of conservative ideas on the Hill.

These articles also bring up the larger question of how controversial ideas and topics are discussed on the Hill, both inside and outside of classroom. How do current events inform our liberal arts education? How does our education inform our understanding of those events?

While we all bring diverse interests to our educations and are developing different skills, we can all strive for the same goal: gaining the tools to critically engage the world. That requires our participation in the exchange of ideas that occurs around us.

That participation includes two responsibilities: respectfully hearing and respectfully sharing important ideas. The David Limbaugh lecture demonstrated how this could be done right. Early on, Limbaugh announced his intentions were not to be provocative and controversial, but to "challenge the conventional wisdom." He stuck to that promise, sharing his opinions in a calm, often humble way. The question and answer session following the lecture was similar. Although it was passionate and, at times, a little frustrating, it was, for the most part, respectful. While most of the questioners seemed to disagree with his argument and its implications, they engaged Limbaugh on the content and logic of his argument, not with shallow or petty jabs.

The discussion of controversial ideas hasn't always been pleasant on this campus, and this editorial would be ignoring the elephant in the room if it didn't mention Ward Churchill. The firestorm that arose from his invitation to speak is an example of what we need to avoid. Hopefully we're far enough removed from the controversy to discuss it without a needless uproar, but if it does then that will bring up an important question: if we can respectfully and productively discuss controversial ideas in the classroom, why can't we discuss them around campus?

There are boundaries to discussions: irrelevant, irresponsible or unimportant information and opinions should be disregarded. But valid ones, regardless of how controversial they are, shouldn't, and they can and should be discussed in a respectful, productive way. We should be mindful of our ultimate goal: to educate and be educated.

by Pat Hodgens
Insights & Ideas Editor

THE SPECTATOR

Martin E. Connor, Jr.
Editor-in-Chief

Emily L. Poe
News Editor

Mallory Reed
Features Editor

Bianca Dragan
Features Editor

Matthew G. Crowson
Science & Technology Editor

David W. Riordan
Website Manager

Eric J. Kuhn
Editor-at-Large

Benjamin Lee
Delivery Manager

Erin W. Hoener
Layout Editor

Eileen A. Starrett
Senior Sports Editor

Nicholas H. Rockwell
Senior Sports Editor

Lauren L. Moon
Editor of Photography

Melissa A. Balding
Editor of Photography

Emma J. L. Furman
Senior Editor

Laura D. Trubiano
Senior Editor

David R. Foster
Production Editor

Benjamin L. Noble
Insights & Ideas Editor

Patrick D. Hodgens
Insights & Ideas Editor

Nicole T. Dietsche
Arts & Entertainment Editor

Rebekah A. Mintzer
Arts & Entertainment Editor

Daniel E. Wittenberg
Advertisements Manager

Lindsay Getman
Sports Editor

Brandon Leibsohn
Sports Editor

Celebrating our 159th year in print.
First published as The Radiator in 1848.

Letters to the Editor Policy

THE SPECTATOR'S LETTER TO THE EDITOR SECTION IS DESIGNED TO BE A FORUM FOR THE ENTIRE HAMILTON COMMUNITY TO DISCUSS AND DEBATE CAMPUS, LOCAL, NATIONAL AND GLOBAL ISSUES. PIECES PUBLISHED IN THE SECTION EXPRESS THE OPINION OF THE INDIVIDUAL WRITERS, AND ARE NOT NECESSARILY THE OPINIONS OF *THE SPECTATOR*, ITS EDITORS, OR THE MEDIA BOARD. LETTERS TO THE EDITOR ARE WELCOME FROM ALL STUDENTS, ALUMNI/AE, FACULTY, FRIENDS OF THE COLLEGE AND HAMILTON COMMUNITY MEMBERS. NEVERTHELESS, *THE SPECTATOR* HAS THE FOLLOWING POLICIES FOR SUBMISSION:

1. Submissions are due by 10:00 p.m. on the Monday before publication. Submissions can be sent by email to spec@hamilton.edu or to the individual I&I editor (bnoble or phodgens). The editors reserve the right to refuse any late submissions.
2. Letters should be no longer than 650 words.
3. Letters submitted anonymously will not be printed.
4. *The Spectator* will not edit letters for misspelling, poor grammar or diction.
5. *The Spectator* reserves the right not to publish any letter it deems inappropriate for publication.
6. If a piece is determined to be libelous, an unwarranted invasion of privacy, or an unnecessary and/or unwarranted ad hominem or personal attack, it will not be published.

Advertisement Policy

The Hamilton College Spectator, *publication number USPS 612-840, is published weekly by the Hamilton College Student Media Board while classes are in session. Subscriptions are $50 per year. Our offices are located on the third floor of Bristol Campus Center. The deadline for advertisements is Tuesday the week of publication. For further information, please call (315) 859-4100 or (preferably) e-mail spec@hamilton.edu.*

Hind Named New Hamilton Athletic Director

by Meredith Kennedy '09
News Writer

Alumnus Jon Hind '80 was recently named Hamilton's new director of athletics, and he is scheduled to assume his duties for the college beginning on June 1.

Hind, who is currently the associate athletic director for operations at Butler University, is no stranger to the Hill.

After graduating from Hamilton, Hind taught math and religion at the nearby St. Mary's school in Clinton. He was also a part-time assistant coach for our football and men's lacrosse teams from 1980-1981.

From 1981-1985, Hind migrated to nearby Syracuse to teach math at Henninger High School, in addition to serving as the assistant coach for their football, wrestling and men's lacrosse teams.

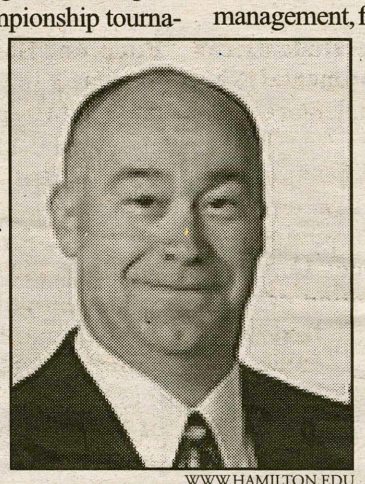
Hind soon returned to his alma mater to teach math at Clinton High School and again be an assistant coach for football and men's lacrosse.

Since 1991, Hind has been working in athletics at Butler University in Indianapolis, IN as the program's first men's lacrosse coach.

Hind devoted his first two years at the school building up the new program.

In 1993, the team debuted with only one losing season in seven years.

After leading the Bulldogs to the NCAA Championship tournament in 1998, Hind was named National Coach of the Year by the U.S. Intercollegiate Lacrosse Association. Of the 101 games Hind coached, Butler won more than 58 percent.



WWW.HAMILTON.EDU

Hind is a 1980 Graduate of Hamilton College.

Hind's coaching success led him to take on the role of athletic administrator at Butler in the fall of 1999. He oversaw the department's event management, facilities and budget, and in July of 2005 assumed responsibilities in marketing and promotion.

Hind is the administrator in charge of Butler's soccer, tennis, men's lacrosse and women's volleyball programs, as well as the sports medicine department.

Hind served as Butler's interim athletic director from May to August 2006, which included responsibilities similar to the ones he will have here at Hamilton.

Hind is not only familiar with Hamilton, but has the experience and knowledge necessary to take on the role as the new athletic director.

He was a four-year letter winner while at Hamilton, in addition to being a two-time captain as a defenseman on the lacrosse team.

Hind's leadership skills and master's degree in athletic administration from Kent State University will prepare him as he takes on his new position.

The college is pleased and excited to welcome back someone who has already contributed so much to our campus.

Hamiltonians Visit Russia Over Spring Break

PHOTO COURTESY OF GREGORY RAY '08

The Seven Hamilton Students visited famous sites such as the Kremlin and The Winter Palace.

by Gregory Ray '08
News Contributor

Over spring break seven Hamilton College students traveled to Russia to experience a culture that was long a mystery to the average American.

Not surprisingly, the group had the chance to see some of the countries most famous sites, including St. Basil's, The Kremlin, the Winter Palace and the famous Bronze Horseman statue.

However, there was far more to the trip than these few sites.

The students who participated were Ryan Bartz '07, Mary Beth Day '07, Katie Stones '07, Gregory Ray '08, Jim Langan '10, Emily Johnston '10 and Phil Fracolla '10.

The trip began in Moscow. Here the group was first exposed to the wonders of Russian food at the Kalinka restaurant.

The group toured the city with a local guide to learn the way it is in Russia.

One highlight was a trip to a Moscow area toy factory where the group worked to make toys

The group also had the good fortune to meet up with Steve Orlando '08, who is studying abroad in Russia. Steve taught the group much about life in Russia.

The group found the Moscow half of the trip to be fantastic and they were lucky to have both a great guide and a great bus driver.

From Moscow, the group took the overnight train to St. Petersburg.

The participants will certainly say that the train ride was loud and that it took them a while to get to sleep.

In St. Petersburg, the group quickly found its way to the famous statue of Peter the Great, The Bronze Horseman.

After seeing his statue, the group went to his grave at the Peter and Paul Fortress.

As in Moscow, the food and drink in St. Petersburg were fantastic.

Russian Studies Professors John Bartle and Frank Sciacca organized the trip. In addition to the students, alumna Kelsey Dorwart '06 and Emerson Gallery curator, Susannah White traveled with the group. The Russia trip is offered on a biannual basis.

Yet Another Duel?

Hamilton Students Challenge UVA Students in a Hamilton-Jefferson Debate

Next Saturday, April 14, 2007, three Hamilton Mock Trial team members (Scott Iseman '07, Joshua Agins '07 and Micheal Blasie '07) will take on four members of the UVA Debate Society at the University of Virgina, in Charlottesville, Virginia.

The debate will center around the famous question: who was the more significant founding father, Jefferson or Hamilton?

The debate was instigated through this official letter of challenge by the Debaters of the Hill.

Official Letter of Challenge

For too long the fame and glory of being a Founding Father has been inaccurately distributed. Most egregiously, the plump Thomas Jefferson has been deemed worthy of such recognition despite the cowardice that prevented him from fighting in the Revolutionary War and the lunacy that gave him the gall to oppose the brilliant Hamilton. If not for the bravery, brawn, and brilliance of our beloved Hamilton, our nation would surely lie in ruin and oppression.

Seeking justice and retribution, in an attempt to finally set the historical record straight once and for all, we brave students of the esteemed Hamilton College, our nation's foremost institution of higher education, hereby challenge the University of Virginia to a Hamilton-Jefferson Public Speaking Competition.

So confident are we that you, like your namesake, will struggle to comprehend and exhibit even the most basic tenants of rhetoric, that we, in an effort to compensate for your debilitating handicap and restricted intellect, will grant you not only the home field advantage, but will also allow you to choose the venue and the judges for the competition

Surely, if you have any dignity, pride, or honor you would accept such a challenge. But if you elect to turn down our challenge, admit defeat, and cower in fear behind your veil of ignorance and impotency, than we certainly understand. After all, you are merely Jeffersonians.

Sincerely,
Publius

INSIGHTS & IDEAS

Be Careful of Caricature Nicknames

by Matthew J. Bradley '07
Insights & Ideas Writer

A Senior Column: fleeting perspective

I've recently realized that having a column in *The Spectator* means that I'm allowed to write an article based solely on my highly personal experiences and opinions. It doesn't make me upset that some people are furious enough about my ideas to publicly criticize them (which is the mark of an influential writer), but rather, I'm upset that there are Hamilton students who cannot grasp simple literary devices like the difference between the author/persona, sarcasm, and satire—we're talking English 150. On a serious note, as my opportunity to address the angry masses dwindles, it's important that my last few columns address important issues instead of focusing on trite topics like relationships with women.

The first of these brilliant ideas: the nickname. The context through which a nickname is coined may be the most important factor in determining its consequence and longevity for the recipient. The effects of a nickname, especially with regard to younger students, can be extremely detrimental to his or her future social interactions and relationships.

There are two major ways in which a nickname is developed and perpetuated at Hamilton College: 1) An unchallenged variation of one's first/last name that is the product of self-proclamation or uncreative friends (e.g., Grizz, Haydes, Fish, Squan, P-tone, Nemmons, Lubes, Benj) or, 2) a nickname that manifest itself from moments of hilarity, embarrassment and unfortunate circumstance where the recipient has little or no control over its codification (e.g. Harley, Hollywood, Boy-scout, Bullet-Proof, The Don).

As a college senior who has battled the existence of my nicknames, including, Harley, Harles, Harley Murphy, H-Pimp, and Harles Barkley, just to name a few, I feel informed enough to educate my readers about a sociological phenomenon called the "Nickname Persona."

When a nickname develops from the latter of the two aforementioned cases, that is, when the epithet represents an isolated incident, accident or joke shared by a small group of friends, this is where the problem arrives.

I was graciously given the name Harley in my very first week of football during my freshman year. Luckily for me, my new nickname was perpetuated by the entire football team and, as the semester continued, the Psi U fraternity guys who enjoyed its embarrassing back-story.

A "Nickname Persona" is a sociological phenomenon that occurs when a nickname given by a close group of friends is embraced for sake of appeasement, but, as it permeates other social groups, the epithet promotes a caricature of the individual, rather than a clear representation of the person.

Harley had become such a well-known name by my sophomore year that when I introduced myself, people were baffled to find out that my real name was Matthew. As I had come to learn, my nickname, which represented the crazy, socializing drinker aspect of my life, was the persona through which the entire campus understood my personality. Unfortunately, by embracing the nickname and even at some points introducing myself as "Harley," I perpetuated this distorted caricature of myself. Anyone with a caricature nickname understands the perpetual struggle that exists between one's caricature and one's true personality.

"Anyone who receives a caricature nickname in the first couple years of college needs to make a conscious effort to reestablish themselves by their true name."

It's not that the nickname changes one's personality, but instead, because it represents an isolated incident or moment among a certain group of friends, its perpetuation among the entire school, in some respects, promotes this nickname persona.

Anyone who receives a caricature nickname in the first couple years of college needs to make a conscious effort to reestablish himself by his true name. While a nickname may seem arbitrary to those around you, by demonstrating to your friends how important it is for them to call you by your "real" name, your true friends will respect that request. After returning from my study abroad experience in Ireland this year, I made the conscious choice to erase "Harley" from the vocabulary of my friends and acquaintances. While some of my brothers still use the old nomenclature, I'd estimate that 80 percent of campus, including 90 percent of my closest friends, have all appreciated and fulfilled my request.

So please, any of you who have a caricature nickname that you really wouldn't want your friends to open their speeches with at your wedding, take control and let them know your feelings. As a person who was once known by 96 percent of the Hamilton population as Harley, I promise it is possible to supersede your caricature nickname by reaffirming the name of your choice. Because, with a nickname persona comes the gradual loss of self-identity to the caricature created and perpetuated by the minds of those who think they know you, but have no idea. Cheers.

Thumbs up

- I'd like to go to the Glow Party, but I'm sick of defending my mayonnaise stains to the black light crowd.

- I've finally made it to the top of the climbing wall…where the hell is my glowing piece of the Aggro-crag?

- But I already have a summer internship... its called McDonald's.

- Passover services prove to be a drunken good time; maybe I'd be a better Catholic if I did a holy box wine stand at communion.

- Blue Barracudas

Thumbs down

- My sister just got into Hamilton. Looks like both of our social lives have officially ended.

- If the construction on the light side has anything to do with the return of "modern art," I'm going to beat up the List Center.

- Has anyone else noticed that the smoothies at the juice bar taste like spoiled AIDS?

- Hamilton is bringing snowyback (YEAH) Dem otha' seasons don't know how ta act.

- Silver Snakes

by Stephen Allinger '09 & Tyler Zink '07

Who cares

- David Limbaugh: Being the brother of a famous idiot doesn't make you famous, but it does make you an idiot. (And here I thought that persecution was a *tool* of Christianity.)

- Apparently you're not supposed to scream "SEND ME YOUR VIRGIN DAUGHTERS!!" at tour groups… you show me where that's written down!

- I had already changed my last $50 into ones before I learned that *Sweet Charity* was a play.

- Purple f*@#ing Parrots

Open Letter From Former Life Trustee Menges

In March, The Spectator *recieved this letter from former life trustee Carl Menges '51. It was a response to a letter from an anonymous alumnus asking about the Alexander Hamilton Center. Menges resigned from his position as life trustee after the demise of the AHC.*

Dear --------- :

Thank you for your gracious letter. I appreciate your kind words and generous support and share your observations of the Hamilton faculty. May your optimism for the school's future and your opinion of the student body prove accurate!

Hamilton College has lost its way! The institution's reputation, in my view, has suffered the past several decades from the much higher level of acclaim it achieved in the mid twentieth century. This is due in large measure to the disastrous policies and decisions taken from the mid 1960's to the late 1970's. Reluctant to move directly to coeducation, the policy position taken by most of our peer institutions, the Hamilton board "backed in" by first endorsing a coordinate college concept—Kirkland—and then amalgamating the fledgling women's college on extraordinarily generous terms when the school was financially unable to support itself.

Here are my views in support of this judgment:

"Yes, I am disheartened and discouraged. Hamilton is NOT on the right track. . .Where o' where has the leadership gone?"

1. Hamilton's academic reputation in the academy as judged annually by *U. S. News and World Report* magazine is now, and has been for many years, dramatically below that of our NESCAC peer group, ranking currently at 3.7 or virtually one whole point below Williams, Amherst, Bowdoin and Middlebury. The only reason Hamilton remains in the upper teens in overall ranking is because our ratings in percentage of alumni giving and endowment per student have been historically above average. Both are now in relative decline.

2. Hamilton College supports faculty development lavishly. But does the College, in a faculty of 200, have two dozen members with a national reputation for teaching and scholarship? For several decades Hamilton has been woefully indulgent in granting tenure. Hamilton has one of the highest (in percentage of population) tenured faculty of our peer group.

3. Examine the current curriculum! What curriculum? The present situation is in disarray, a "cafeteria styled" offering with no interdisciplinary coherency, no emphasis on classical instruction or Western civilization. The sophomore seminar has proven to be an abject failure, to be discontinued in 2008. There is, as you yourself have observed, an inordinate emphasis on "diversity and social justice" subjects, taught from a disgraceful perspective of activism and advocacy, to the severe detriment of intellectual diversity, scholarship, and teaching rigor. Hamilton should be ashamed of what her students are NOT learning.

4. Hamilton's record for placing her graduates in top advanced degree programs is a disgrace. A sharp deterioration from the record of the 50's and 60's has occurred. It is now the rare exception when a Hamilton graduate, pursuing a career in law, medicine, business, or even education matriculates at an Ivy League graduate program or at another top university in the United States. An institution is measured and judged by the quality of the product it produces, indicated, at least in part, by a student's ability to compete for advanced degrees at our best universities. Look at the record!

Yes, I am disheartened and discouraged. Hamilton is NOT on the right track. There is no mission statement to lead the institution to higher scholarship, academic excellence, or teaching rigor. Where o' where has the leadership gone? Yes, much attention has gone to improving and expanding the plant, but shiny climbing walls and new squash courts (or even Science Buildings and Art Galleries) do not a great college make.

Yours sincerely,

Carl B. Menges '51

From One Hill to Another: Update

by, Eric Kuhn '09
Editor-at-Large

Quick Update from the Hamilton Program in Washington, D.C.:

The past two weeks have been uneventful for Hamilton students living and working in the nation's capital. It was spring break and the group scattered to places such as France, Spain, Indiana, Utah, New York City and more. We were only allowed to take a week of spring break off because we still needed to work at our internships.

Class started again on Wednesday as we discussed the book *The Price of Government* by David Osborne and Peter Hutchinson. The book is about overseeing budgets and how maybe adding completion will act as a form of oversight. The authors point out that currently 20 percent of the government is used to oversee the other 80 percent, and that 20 percent should be decreased. We have been reading this book for two weeks and will finish it up next week.

Three weeks ago the group ventured off to Arlington, VA to the Office of the Inspector General. For those really interested, an Inspector General is continually evaluating agencies and organizations looking for fraud, waste, abuse or mismanagement. However, the Government Accountability Office is a branch of Congress and therefore can only inspect when Congress requests a report. Oh, the technicalities! But we met with the Inspector Generals for the State Department, who bought our text book material to life!

That's a quick look into this week in DC. Please check back in next week! Also, if you have a question about the DC program or something you would like to address, please e-mail me at ekuhn@hamilton.edu. I am running out of ideas for this column!

Green Eggs and HAM : INTERNal Recipes!

Being an intern means not getting paid. Living in Washington means no Commons Dining Hall. So what does Jerome Noel '09 do? He is a chef extraordinaire who is always in the kitchen cookin' something amazing and different. However, he will constantly make brochette, for it is easy to make and always a crowd pleaser…

Jerome's Brochette
Ingredients:
2 tomatoes
Mozzarella
Balsamic vinegar
Olive oil
Red wine vinegar
1 clove of garlic
Diced basil
French bread

Preparation:

Cut the tomatoes to get out all the insides, leaving the flesh and chopping the remainder into quarter-inch squares

Put the tomatoes into a large bowl and add a few splashes of olive oil, red wine vinegar and balsamic vinegar. Stir for a few minutes.

Dice 1 clove of garlic and 3–4 basil leaves. Add to bowl and stir.

Slice 4-6 slices of bread and place on cookie sheet.

Spread an even amount of the mixture onto the bread.

Add shredded mozzarella to the top.

Put under broiler 2-3 minutes or until cheese is melted thoroughly.

Serves 4-6.

To read C&D's final word on the demise of the Alexander Hamilton Center and then the AHC Founders' response, visit the website of

Hamilton College Alumni for Governance Reform

at http://hcagr.squarespace.com/

April Movie Channel Line-up

Weekend Schedule:

Ferris Bueller's Day Off
(Thu: 10:30, Fri: 3:30 & 20:30, Sat: 13:30, Sun: 6:30 & 23:30)

Free Willy
(Thu: 12:15, Fri: 5:15 & 22:15, Sat: 15:15, Sun: 8:15)

October Sky
(Thu: 14:15, Fri: 7:15, Sat: 0:15 & 17.15, Sun: 10:15)

Dukes of Hazard
(Thu: 16:00, Fri: 9:00, Sat: 2:00 & 19:00, Sun: 12:00)

An Inconvenient Truth
(Thu: 17:45, Fri: 10:45, Sat: 3:45 & 20:45, Sun: 13:45)

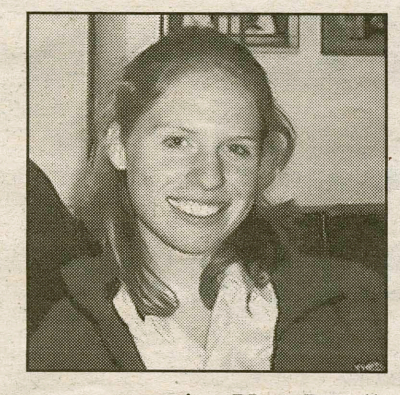
Man of the Year
(Thu: 19:30, Fri: 12:30, Sat: 5:30 & 22:30, Sun: 15:30)

Casino Royale
(Thu: 21:30, Fri: 14:30, Sat: 7:30, Sun: 0:30 & 17:30)

Animal House
(Thu: 7:00, Fri: 1:30 & 17:00, Sat: 10:00, Sun: 3:00 & 20:00)

Airplane
(Thu: 9:00, Fri: 0:00 & 19:00, Sat: 12:00, Sun: 5:00 & 22:00)

**On the weekdays the movies will cycle in order as in months past.*

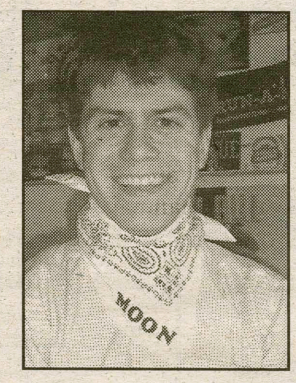


"How to accesorize Vera Bradley suitcases at Commons."

Lindsay Getman '10

"Snow shoes."

Brendan Campbell '09



"Going a$$ naked."

Matt Clark '07

"The Continental is un-American."

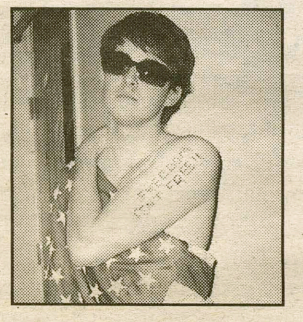
Allie "I'm not Mexican" Lopez '09

Hamilton Unscripted

This week's question:

What fashion advice would you like to see in the next Continental?

by Melissa Balding '09 & Lauren Moon '09

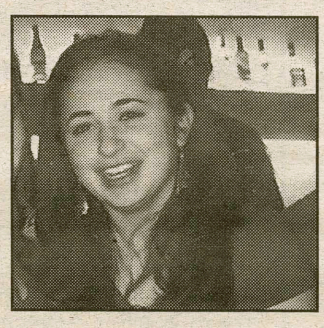


"Pearl necklaces."

Pat Hodgens '09

"Vera Bradley diaper bags and pirate costumes are both good ways for freshman girls to make upperclassmen friends."

Devin Soule '07

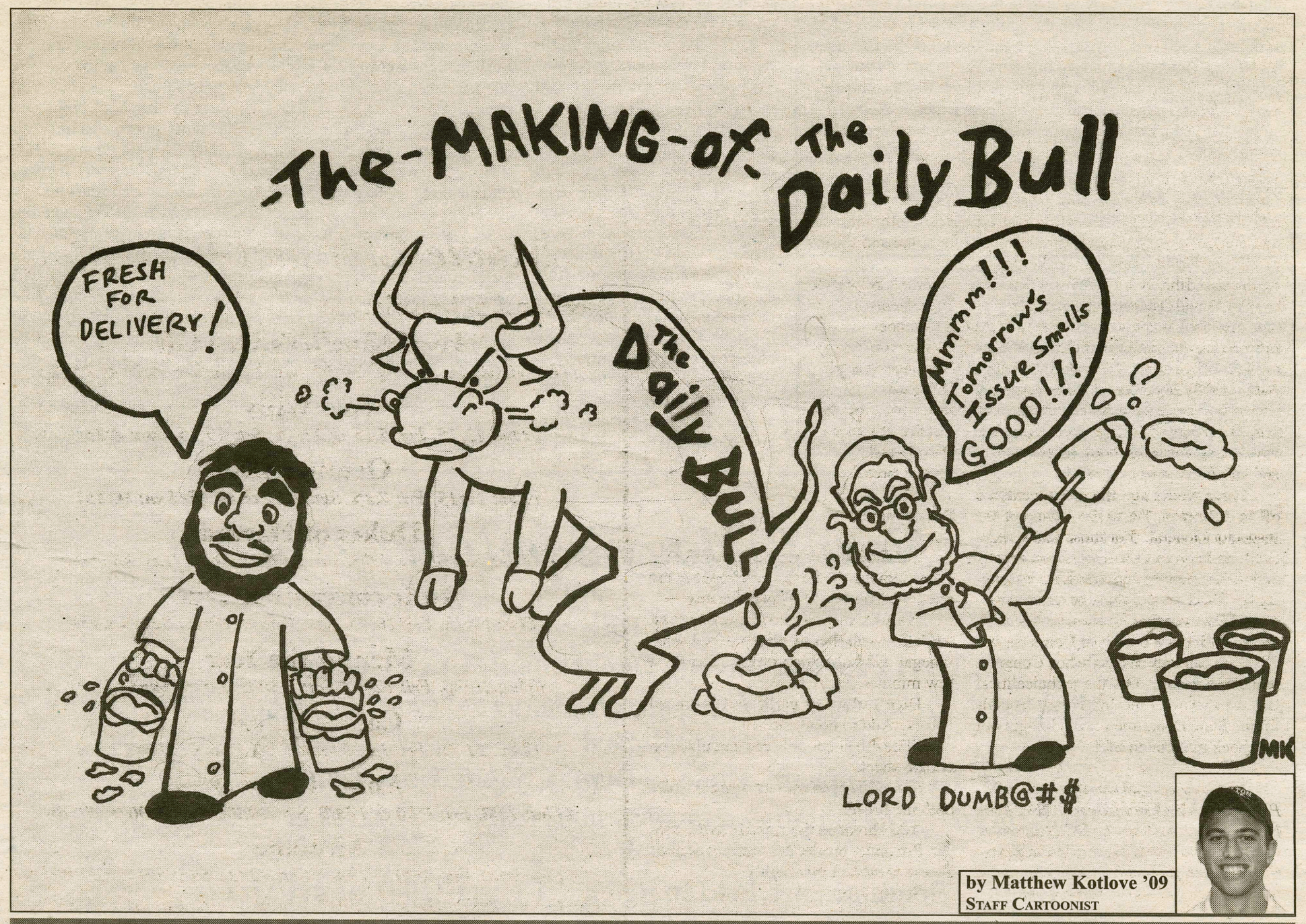


"Hangovers and nosebleeds."

Rebekah Mintzer '09

"The garbage can (where *The Continental* always ends up) is very fashionable this season."

Bill Kearney '08



by Matthew Kotlove '09
STAFF CARTOONIST

Silent Voices Series: Grace's Story

By Elijah LaChance '10
Science & Technology Writer

Let's meet a teenaged girl not so unlike ourselves. Her name is Grace; she's eighteen years old; she enjoys writing poetry and is a very good singer. She's good at math and she wants to become a marine biologist. She also happens to have autism. This teenager is my sister and, as I mentioned at the end of my last article, I will be telling you her story as a way to start building awareness about the plight of people with mental disorders as well as the hope many of them bring to their own lives and the lives of those around them.

June, 1989: My mother gives birth to her second child (I was the first) – a girl named AnnaGrace after my mother's favorite great-aunt. I was thrilled to have a baby sister and immediately began calling her "Baby Ace." I was her first playmate, and she was my first close friend. And indeed, we did play. Grace grew and developed perfectly normally – in some cases better than normally, beating standard curves – for over two years. Then, around Christmas of 1991, the idyllic picture of the healthy family was shattered.

I was the first to notice the change. My mother often repeats the story of how I asked her "why Baby Ace no want to play with me?" At first, of course, my mother and father thought Grace's decrease in communication and interaction with me was just a childhood stage. Then, as Grace developed an ear infection and started vomiting, they ascribed her lack of interaction with the outside world to illness. But when Grace, who had a substantial vocabulary for a two-and-a-half year-old, stopped speaking entirely, became unresponsive to touch and sound, and began launching screaming fits that could last for hours for no apparent reason, my parents knew something was seriously wrong.

Boston Children's Hospital. The name itself carries immense hope and fear for any family with a mysteriously ill child. For me, though, it will always be a place of despair. It had taken my family weeks to get through the red tape of general practitioners and local specialists and to finally get a full examination at the famous hospital. It would have certainly taken longer if Grace hadn't been getting worse at a shocking rate. My mother has said "we were afraid to put her to bed at night because we didn't know what would be missing in the morning."

To say Grace was getting "worse" is an understatement. Her mind and body were utterly failing. In the weeks it took to get the examination, my sister had lost the ability to walk, had ceased crying in fits and was now screaming for periods of over 48 hours at a stretch. Her hair and fingernails grew brittle and fell out and her eyes rolled constantly and uncontrollably. It was a complete breakdown, and it had happened in just over a month. Nobody knew what to do. Boston – land of medical miracles – seemed our only hope.

To be continued as part of a series of articles looking at life with autism.

Comment on our articles and more!

Visit S&T's exclusive blog:

http://specsciandtech.blogspot.com

Supreme Court Protects the Environment from its own Protector

By Elijah LaChance '10
Science & Technology Writer

Last Monday, the Supreme Court issued a surprising landmark ruling that declared that the Environmental Protection Agency (EPA) has the right to regulate carbon dioxide emissions under the Clean Air Act. The lawsuit was brought by several states, including Connecticut, Massachusetts and New Hampshire against the EPA when the states claimed the agency had failed to take measures to decrease tailpipe emissions and the emissions of coal-fired power plants. The EPA responded that they did not have the authority to regulate pollutants not explicitly named in the Clean Air Act, an opinion echoed by the Bush administration. The 5-4 majority opinion in the Supreme Court case argues that the Clean Air Act applies to "all pollutants" and therefore the EPA has not only the right but the responsibility to curb carbon dioxide emissions.

The Court's opinion is firmly based on the idea that global climate change is at least partially caused by human involvement, and "effectively ends the government debate over whether humans can be held responsible for global warming" according to one Washington insider as quoted in the *New York Times*. The Court's decision means the EPA must now enact and enforce stringent new measures on power plants and automakers that many industrialists claim will hurt production. Nevertheless, when asked about how the company will deal with the new regulations, General Motors issued a statement saying, "our customers can rest assured these measures will not affect production in our U.S. plants." As Supreme Court Justice Kennedy observed, "concerns about production under new conditions have been surmounted for thousands of years by the industry of individuals and groups, and we [the Supreme Court] see no reason they cannot be surmounted again now that the challenge is unavoidable."

This situation brings to mind some interesting questions. First, since when does the Environmental Protection Agency need to be told explicitly to protect the environment by the Supreme Court? And since when does said agency complain that "they don't have the power" to enact regulations against one of the greatest threats to the environment the world has ever seen? As the court opinion reads, "Carbon dioxide emissions regulation should be implicit in the mission of the defendant [the EPA]." The actions of the EPA concerning the issue of carbon dioxide emissions have been "completely contrary to the mission of the EPA as I understood it," says Carol Browner, a former administrator at the EPA. "We looked at the Clean Air Act while I was in the EPA. We wrote a series of legal memorandums, and we found that, in fact, you could regulate greenhouse gases and carbon under the Clean Air Act, and the court affirmed that." The widespread testimony of former EPA officials that the agency knew carbon dioxide and greenhouse gas emissions were under the jurisdiction of the EPA lends credence to the idea that the change in administration from Clinton to Bush brought a change of ideals that has taken over six years to correct.

Recently, David Limbaugh came to campus and claimed that "liberals are waging war against Christian values." Bearing in mind that every rule has its exceptions, I consider myself more justified than Mr. Limbaugh when I say many conservatives are waging war on our planet and our environment. The administration of George W. Bush has seen the rejection of the Kyoto Protocols – effectively stalling international discussion and cooperation on global environmental standards and practices – a strong, administration-led attempt at oil drilling in the Alaskan Wildlife Refuge, and a vastly increased dependence on non-renewable resources, such as oil and coal (President Bush has repeatedly referred to coal power as "alternative fuel". It wasn't even until this past State of the Union that President Bush even officially acknowledged global climate change, and that official recognition has had, "no observable effect on his practices over the past months," according to Senator Jim Leahy (D-VT). Now the passively hostile, laissez-faire attitude of this administration toward the environment has been exposed in what is supposed to be the government's environmental watchdog, the EPA.

The Supreme Court has finally shown this lawsuit for what it really was all along: absurd. There can be no logical reason for the EPA to take a stance directly opposed to the environment it is supposed to be protecting. In some ways, the saddest part of this story is that, like so many other important issues, we haven't heard about it until now. Carbon dioxide increases contribute heavily to global climate change and have been linked directly to a decrease in sugar maples (which make maple syrup) in the Northeast. Yet the EPA argued that carbon dioxide did not fall under the charge to "reduce the levels of pollutants in the atmosphere." To top it all off, the EPA claimed that reducing emissions would, "hamper international negotiations by the President regarding reducing fuel emissions in developing nations," as if hypocritically asking other nations to do what we will not do ourselves would produce better results than setting a good example. Fortunately, executive power does not stretch that far, and the Supreme Court confirmed that last Monday. If this is a war, I consider this decision a long-overdue victory for this planet.

Next Biology Seminar:

April 16th

Dr. Terri Provost, Biology Department, Utica College

"Effects of Low Level PCB Exposure on Endocrine Function in Rats".

April 23rd

Dr. Krista Ingram, Biology Dept. Colgate University.

"Task specific gene expression in circadian rhythms of harvester ants."

All Biology Seminars are held in Science Center G041 at 4:10 p.m.

ADVERTISEMENTS

FREE PIZZA 'TIL MAY

The Pizza Place

Come to the Pizza Place
TUESDAY NIGHTS
7PM - 11PM
to try our
SUPER PIE CHALLENGE

If you succeed, you win
1 FREE LARGE PIZZA
EVERY WEEK
until the
END OF THE SCHOOL YEAR!!!!

A select few have come close!! **See you Tuesday, and good luck!!**

853-2100

Our Bed & Breakfast offers one of the most convenient locations when visiting Hamilton College. Go up the hill past the student crosswalk and turn right on to Griffin Road. Look for our sign at the corner!

Five inviting guest rooms and suites, each with a private bath, television, complimentary wireless internet access and much, much more.

THE ARBOR INN
AT
Griffin House

3919 Griffin Road
Clinton, NY 13323
315.859.1790
888.424.3074

www.arborinnatgriffinhouse.com

Attention Classes of 2008, 2009 and 2010:

Interested in being part of Student Assembly?

The following positions are available:

Student Assembly Central Council
For each class:
1 Treasurer
5 Representatives

Judicial Board
For each class:
3 Representatives

Honor Court
For each class:
2 Representatives

Appeals Board
2 students from any class year

To Apply:

1. Submit a signature sheet with fifty (50) signatures for Class Treasurer. Submit a signature sheet with twenty five (25) signatures for all other positions.
2. Write a platform of no more than 100 words.
3. Attend a mandatory briefing meeting scheduled for Sunday April 15.

The deadline for signature sheets and platforms is Friday, April 13 at noon. Send signature sheets to Kara Novak, Elections Chair, Box 1273 and email platforms to election@hamilton.edu.

Questions? Email election@hamilton.edu

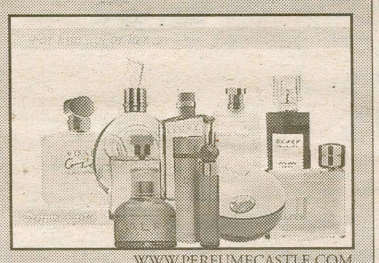
FEATURES

Lotions and Potions: All About the Guys!

by Elizabeth Kosar '10
Beauty Expert

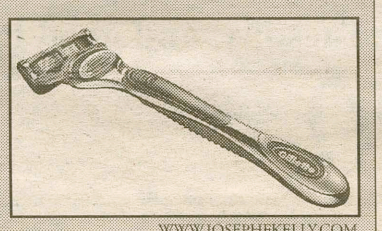
Men and the idea of beauty are pretty incompatible. There seems to be this perception that guys who pay attention to the way they look are shallow and metrosexual. But that is not fair. I mean, when you think about the countless hours that females put into maintenance and beautifying, it seems pretty sad when their male counterparts roll out of bed with hair that they haven't washed in days and expect us to swoon.

Don't get me wrong, some guys pay more attention to their appearance than I do, which is awesome. There is nothing much better than seeing a decently groomed guy who smells amazing. Men have as much right and responsibility to take care of their physical appearance as the other gender.


WWW.PERFUMECASTLE.COM

Some Do's for Male Grooming:

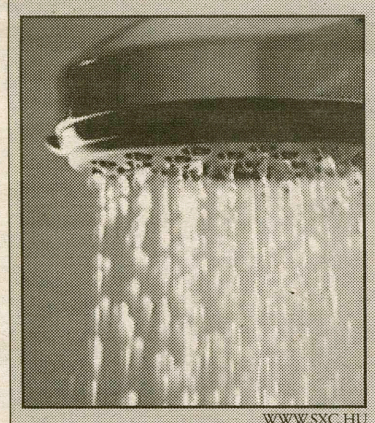
1. **Showers.** You guys sweat more than girls. Therefore you should shower more than girls. I'm not encouraging obsessive showers, but there is no reason that you should have fewer than one shower a day. When you shower, please wash your hair and use a relatively strong soap/body wash. Cleanliness is sexy. Looking like Kevin Federline is not.


WWW.JOSEPHFKELLY.COM

2. **SUBTLE cologne.** Ok, this one is more of a personal preference thing, but I think a little cologne on a guy is unbelievably sexy. The idea though is not to overwhelm anyone with your manliness, which is why Axe is out.

3. **Moisturize.** When you shave, which you should be doing, moisturize afterwards. It will keep away those nasty red bumps that hurt you. If you use a moisturizer with salicylic acid, it really helps prevent ingrown hairs and gets rid of acne.

4. **Deodorant/Antiperspirant.** I'm consistently shocked at how many people (girls included) ignore this step. My personal favorite on guys is Old Spice. But that's me.


WWW.SXC.HU

A1468G.AKAMAI.NET

Being There: 3rd Floor Chapel

by Ashley Stagner '09
Features Writer

Hamilton's chapel is famous; it is the only three story chapel in New York and it is lauded for its elegance. So it is surprising that there are people on campus that have never been inside the building, let alone the third-floor.

The hike up the two flights of stairs is well worth the effort because upon reaching the third floor you come upon a wonderful spot for studying. Honestly, how many students would think to go to the chapel to study?

With its utter seclusion, you can be sure of privacy although the room is quite spacious and open. Forewarning, however, there are several offices on the third floor, so it is quite possible that you will run into a professor.

Once you open the door, you are greeted with a light and open room that is quite cozy. Two polka-dot couches with dark blue pillows, a blue couch with wooden armrests, and two greenish chairs form a rectangle in the first half of the room, and light brown bookcases filled with row after row of books line the walls. In the middle of the rectangle is a round table that has magazines like *Christianity Today* and *Habitat World* on it. Behind the couches are four sets of tables and chairs to add to the "study" atmosphere. The ceiling of the room is quite spectacular; you can see the dark brown wooden support beams.

In the very back of the room is a Meditation room with the lettering overhead: "Send forth your light, o God." Perhaps the most amusing thing in the room are two wooden Amish figures, a frowning man and a smiling woman, placed outside of Jeffrey McArn's (now Sylvia Wilson's) office.

PHOTO BY MELISSA BALDING '09
A student studies in the quiet of the chapel.

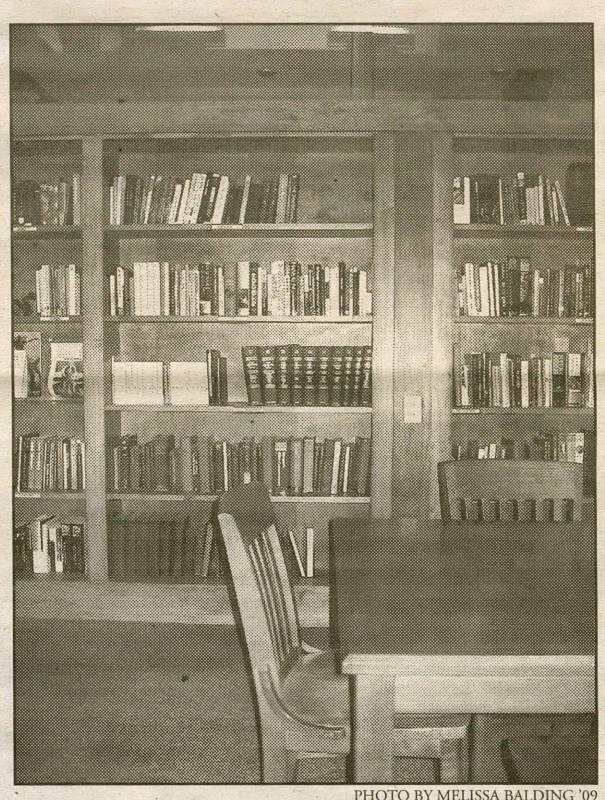


PHOTO BY MELISSA BALDING '09
There's a lot to discover above the ground floor of the chapel

The majority of the light comes from the windows on the sides and back of the chapel, so at night the inside of the chapel becomes a bit dark. There are lots of lamps placed strategically around the room to prevent this from being a problem.

As it is a chapel, you expect it to be completely quiet and peaceful. This expectation, however, is not necessarily true. If you are there during the afternoon you will hear interactions between students and professors, or just students meeting there. Later at night is when the chapel becomes quiet.

There is something eerie about being alone in the chapel at night where the silence encompasses you and there is no escape. My apologies if that sounded dark, but it is true. Although, eerie places are sometimes conducive to working; who knows, maybe you will become more creative and motivated because of it.

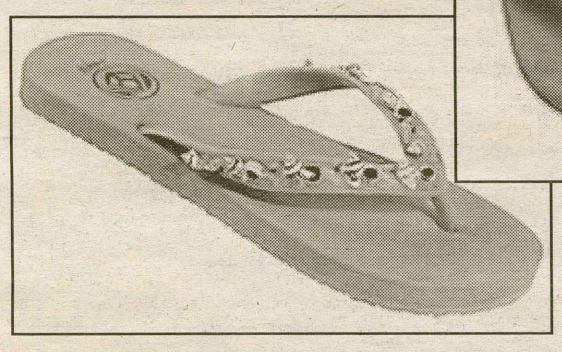
"Being There" attempts to capture the essence of a specific time or place through description. If you would like to write a "Being There" or share an idea, please email adragan@hamilton.edu.

The Online Shopper: Flip-Flop's Are Back in Town!

by Brittany Albert '10
Features Writer

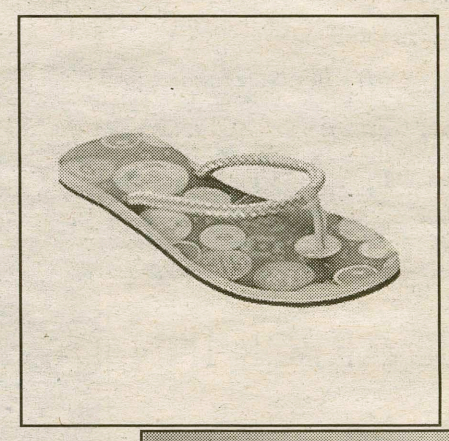
Even though it snowed this week, it's still time to stock up on this spring's ultimate staple, the flip-flop!

Reef Palm Beach Flip Flop, *reef.com (to locate stores).*



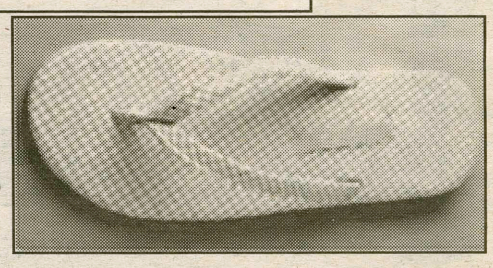
AE Polka Dot Flip Flop, $19.50, *ae.com.*

Zebra Printed Flip Flops, $19.50, *gap.com.*



Paul Smith Silverantique Print Leather Woven Flip Flop, $75.00, bluefly.com.

Mella Gingham Seersucker Flip Flop, $18.00, *shopbop.com.*



Exercise and College: Feel the Burn *and* the Benefits!

by Mallory Reed '10
Features Editor

With all of the focus on food lately in Features, I thought I would take a break from the yummies and turn to my other closely related life love: exercise. Although I'm by no means an expert on the subject, I was a varsity swimmer in high school and enjoy a healthy and fulfilling relationship with endorphins. At Hamilton we have such amazing facilities and opportunities to get moving, like the new fitness center, wellness classes and the pool, as well as miles of quiet country roads and the Root and Kirkland Glens, it's hard not to catch the fitness fever. However, many of my unhappily sedentary friends are apprehensive and unsure of where to start. Other people I know work out regularly but complain of being stuck in a monotonous and ineffective routine. Even the most trained and experienced athlete knows the importance of constantly modifying and improving his or her relationship with exercise. I believe that with a little knowledge and lots of practice, anyone can reach his or her fitness goals.

We all know that exercise offers an abundance of benefits in all areas of our lives. What I believe to be the most notable (yet unsurprising) effect of regular exercise was recently published in the March 26 issue of *Newsweek*. Yes, exercise does make you smarter! In Mary Carmichael's article, "Stronger, Faster, Smarter," scientists announced that they had "coaxed the human brain into growing new nerve cells, a process that for decades had been thought impossible, simply by putting subjects on a three-month aerobic-workout regimen. Other scientists have found that vigorous exercise can cause older nerve cells to form dense, interconnected webs that make the brain run faster and more efficiently. And there are clues that physical activity can stave off the beginnings of Alzheimer's disease, ADHD and other cognitive disorders." According to Harvard psychiatrist John Ratey, "the idea of the 'scholar-athlete' isn't just a marketing ploy dreamed up by the NCAA; it goes back to the culture of ancient Greece, in which 'fitness was almost as important as learning itself.'"

And all this on top of the good things about working out that we already knew! I think it's especially important for college students to exercise regularly. I could go on for pages about the unbeatable high of endorphins (who needs the illegal stuff?) for staving off stress and coping with life's inevitable aches and pains. Although exercise inevitably causes soreness, which by the way, can feel good, it is also a great antidote for pain. By moving your body regularly without overtaxing it, suddenly climbing to the third floor of Root won't seem like such a chore and that constant twinge in your lower back will melt away. Also, you'll be able to make it through a 75-minute class without bonking out. And not only does exercise improve your studies by making your brain stronger, but it also offers a great outlet to get out aggression against your history professor and to help you focus on your work. Students who set a time for regular exercise are more likely to be organized, diligent and more productive when it comes to scheduling and completing homework. They are also better sleepers, eaters and generally healthier as well.

And of course, it is only natural that proper exercise leads to an improved body image. When you are taking care of yourself and your body is strong and healthy, it's easier to keep your head up and a smile on. Even more importantly, you will be proud to show off those toned deltoids and triceps in that backless halter at a Bundy party. For once you won't need the alcohol to feel like a hottie with a body. And when you treat your body with respect, you show the same love to yourself as a whole. Gone are the days of depending on others for complements and satisfaction. When you're hot and you know it, nobody's gonna mess with you 'cause you're a prize!

However, it's easy to look at exercise as an all-or-nothing type of thing. Many people either get frustrated and give up or get carried away and over-do. Like anything in life, exercise is great in *moderation.* It should be used as a way to *feel good*, not to burn off every calorie you have eaten or to keep up with those around you. It's important to listen to what works for you and go if your body wants to go and stop if it wants to stop. Exercise is an individual thing. Even though it's a lot of fun to hit the gym or go for a run in the glen with some friends, every person has his or her own abilities and limitations. What feels good and is beneficial for some people is not for others. If you don't feel like exercising five days a week, then don't. If it feels great to run on the treadmill for 30 minutes, then do it and enjoy it. If it doesn't the next day, then don't. Take the day off, try out a stationary bike or get outside for a walk on G-road. As long as you are moving your body for an extended period of time, you are releasing endorphins and strengthening your heart. Ultimate Frisbee with a group of friends is a great way to get your heart pumping. Cross-country skiing in the glen or on the golf course is one of the best exercises for your entire body. Even building a snowman or having a water gun fight works!

What's important is that you get moving most days of the week, but also that you do it with lots of variety. If you do the same 30 minutes on the elliptical day after day, you will never notice any improvements in your endurance or physique, not to mention you'll get pretty bored after a while. Get outside on your bike, take a yoga class or check out gorgeous Bristol pool! You should feel sore every so often after you exercise; it means you are getting stronger. For general strength and stronger bones, it's important to incorporate at least two days a week of strength training, but no more than four, into your cardio routine for at least 20 minutes each. And mix it up by alternating arm, leg and back exercises and by continually trying out new abdominal-strengthening techniques. The common sit-up will only get you so far. By taking a weight training physical education class, you will learn many exercises and methods for improving your strength. Or you can ask your friends for pointers and tips. Since we all do our own thing when it comes to exercise, we can all learn from one another as well.

Additionally, rest is just as important as the exercise itself. Even though I am no biology major, I know that exercise creates tears in the muscles that need time to repair. No one can go full force 24/7. If you work out intensely seven days a week you won't enjoy it and you will feel run down in your daily life. One of my best older friends is a veteran Hawaii Iron-Manner and he rests and stretches more days a week then he works out. And believe me, this guy is an exercising machine! If you hammer it out at full force on the elliptical everyday without rest, you are doing more harm than good. Many studies have shown that it is detrimental rather than beneficial to work out seven days rather than six and for more than an hour at a time. Realistically, if you tend to overdo, you should shoot for 30 to 45 minutes of cardio four or five days a week. If you take time to rest, your workouts will be more effective and enjoyable! Even varsity athletes at Hamilton do not have practice everyday of the week. Take Sunday to laze around and use the time you would have spent at the gym to watch a movie, call your best friend, or finally get started on your English paper. If you feel like you have to get moving, take a stroll around campus to visit with friends you haven't seen in a while. And stretch, stretch, stretch! Not only is stretching relaxing, but it feels amazing, wards off injury and makes you a better athlete. All aspects of exercise, performed in moderation, are part of a well-balanced routine.

However, a few of my friends have expressed feelings of intimidation about using the fitness center. One friend told me she thinks that she will stand out and everyone will watch her as she "suffers" on the treadmill. In reality, the fitness center boasts one of the most fun and welcoming atmospheres on campus. I am never more at peace than when I am bopping along to the Wicked soundtrack on the elliptical while the sun is streaming through the big glass windows. Working out next to my fellow Hamiltonians (males and females alike) gives me a tremendous feeling of solidarity with my fellow exercisers. I've had some of my greatest conversations and interactions at the fitness center. Although we are all doing different things, working at different levels, and lost in our own thoughts and music, we are unified in the fact that we are all pounding it out together. And since *everyone* has their own exercise routine, no one is judging anyone else and there is no pressure to do it "right" or "keep up." Most people at the fitness center are not varsity athletes because they're all at practice. The gym is full of students of all shapes and abilties. Trust me, once you get over the initial hurdle of self-doubt, you'll feel the love too!

Also, it is absolutely crucial to be getting proper nutrition if you are working out regularly. Running on an empty tank is not only incredibly not fun but dangerous as well. Believe me, crashing is not a good time. If you want to be an athlete you have to eat like an athlete. Shoot for three balanced meals a day with fruits, veggies, protein, whole grains and FAT, along with snacks if you need them. And it's important to treat yourself as well. If you want the Opus cookie, get it; just don't eat three everyday. Even if you are trying to lose a bit of weight, it is important to eat at regular intervals to keep your metabolism revved up. One of the major bonuses of exercise is an increased appetite, so take advantage of it! Eat when you are hungry and never work out if you don't have the energy. Give your body fuel and it will do great things for you.

All in all, being an effective college student involves eating well, getting adequate sleep, and sticking to an exercise plan that works for you. If you are lacking in any of these areas, your academic and social life at Hamilton becomes a matter of survival rather than one of pleasure. When you feel good physically, you will be more apt to keep a positive outlook on the rest of your life and function at your highest capacity. Moderate exercise makes you smarter, more attractive, stronger, healthier, more organized, happier... I could go on for years. And, of course, to achieve true happiness, always remember to read the Spec!

What's Cookin' in the Co-op: Creative and Yummy!

by Laura Hartz '07
Features contributor

This yummy Cucumber-Dill Feta Salad dressing is a great way to salvage your left-over raita (cucumber yogurt salad) . Also, as Bugs Bunny might say, the carrots are absolutely delicious, "doc." And the matzo recipe is just one of the many creative things you can do during passover for a little variety!

CUCUMBER-DILL-FETA SALAD DRESSING

1 small cucumber
½ cup crumbled feta
1 cup yogurt
¼ c lemon juice
1 tsp dried dill
1 clove garlic
salt and pepper
milk to desired consistency

1. Blend all ingredients in food processor blender until smooth. Add enough milk to make the desired pouring consistency. This dressing is particularily good on a spinach salad with radishes and apples.

HONEY THYME CARROTS

2 lbs carrots, chopped in pieces you like
¼ c honey
4 tablespoons butter
¼ tsp salt
2 teaspoons fresh thyme or rosemary

1. Place the carrots in a large saucepan and add enough water so it is 1 inch deep at the bottom of the pan. Cook over medium high heat until the water starts to simmer.
2. Add the rest of the ingredients and cover. Cook until carrots are tender (NOT LIMP) for about 12 minutes. Stir every once in a while. Make sure there is enough water in the bottom of the pan, adding more if necessary.

MATZO PIZZA

matzo
left over tomato sauce
mozzarella cheese, or your favorite blend of parm, cheddar, feta, or muenster
assorted vegetables
a little dried oregano, basil and fresh cracked pepper

1. Grease a cookie sheet, lay out some matzo, and decorate to your heart's content.
2. Add all sorts of assorted vegetables and fruit (pineapple and peach with peppers is great).
3. Dust with a little fresh or dried herb and a little salt.
4. Bake at 400 deg until the cheese is bubbly and the whole thing looks nice and friendly.

"What's Cookin' in the Co-op" is a weekly compilation of yummy concotions from the co-op kitchen at Woollcott House. Try 'em out in your common room kitchen or impress Mom and Dad over break! Many thanks to the co-op members for sharing their culinary creativity!

Part One: A Chronicle of Student Activism At Hamilton

from ***Student Activism****, page 1*

This contrasted starkly with the wartime activities of students in the late 1960s, which garnered countless headlines, closed some campuses, and saw some students actually shot on campuses by the spring of 1970.

But there is no end to rhetoric about the era, and I wanted facts. I also didn't want to hear any more about Columbia and Berkeley, but sought instead to discover what was going on at two small colleges on a hill in Central New York. Those were, of course, Hamilton and Kirkland Colleges.

When Professor Maurice Isserman addressed my sophomore seminar (focused on the new left in Paris in 1968), he seemed taken aback, although not at the number of questions he received, nor about the 1960s experience, but about the similarities and differences between his generation and ours. One student even went so far as to ask what was "wrong" with students today. Isserman's response was an unchanging "you tell me." He was a historian, which, he said with a laugh, was someone who predicted the past rather than the future. It was up to us to figure out where we stood both politically and emotionally.

But what was Hamilton's history of activism? In order to properly understand how our generation might compare, it seemed imperative to me that we discover what was actually happening on our well-manicured quads back in the days of "student radicals."

Hamilton was actually a latecomer in terms of its responses to the Vietnam War and its implications at home (Kirkland College was not founded until 1968). Contrary to the image of college campuses as flash points as early as the mythical "Summer of Love" in 1967, Hamilton was (true to its roots) fairly conservative and staid in terms of student unrest and civil disobedience.

This staid conservatism on the part of faculty, students and the administration had its roots in the overwhelmingly white, upper class history of the college in Clinton. When Moses was in attendance in the early fifties, he was one of only a handful of African American students. Likewise, when it came time to rush the college's many fraternities, he found himself excluded.

When he spoke about the situation in his rhetoric class, the professor was surprised at his lack of patience. The fraternities on the hill had, after all, only begun admitting Catholics in 1940 and they were already (by the 1950s) beginning to include Jews! This did little to impress the young Moses who would express his dissatisfaction with the college's social life and lack of progressive policies more than forty years later.

When the issue moved from civil rights to the increasingly unpopular war in Vietnam, Hamilton was equally slow to respond. While the several papers around the state (and around the country for that matter) reported on 52 Hamilton students starting a fast for peace on February 9, 1967, the first major clash over the war didn't really occur until November later that year.

PHOTO COURTESY OF ERIC THOMAS '09

Hamilton Students march to protest the Vietnam War.

This first incident was comparatively small scale, as only 13 Hamilton students gathered to protest a Marine recruiter conducting interviews on campus. They were met, however, by another group of apparently pro-war fraternity brothers who attempted to interrupt and dismiss the protest, by force if necessary. Seeing his students coming to blows in the middle of College Hill Road, Hamilton College President John W. Chandler implored the crowd to disperse in good order.

But this first incident was only a preview of another larger protest that would garner far more attention in the press. As another batch of military recruiters were scheduled for interviews in the wake of Vietnam Moratorium Day on October 15 (a national event in which at least 500 Hamilton and Kirkland students took part), students began to express their distaste. On the morning of October 30, 1969, six Hamilton men and six Kirkland women (from the new college next door) formed a human chain across the road (and later, across the entrance to the Bristol Building).

While their actions failed, subsequent hearings on campus sentenced the six men to disciplinary probation until February 1, 1970, and gave the women official reprimands. More importantly, however, this sentence unleashed a firestorm of protests both on and off campus. Those on campus were appalled at the severity of the charges, while those off campus, according to the Utica Daily Press, called for the students' suspension.

Yet if the fall of 1969 saw an unprecedented amount of activism on our little hill, events of the following spring would make these actions seem far less significant.

On May 4, 1970, National Guardsmen in Kent, Ohio opened fire on student protestors at Kent State University. They had been called in to maintain order, but the hail of gunfire killed four and wounded nine students. The protestors themselves had been responding to Nixon's announcement, on April 30, of his plan to invade Cambodia, Vietnam's neutral neighbor.

The national and international response to what would become known simply as the "Kent State Shooting" was enormous. Around the country, nearly 8 million students went on strike the following day. At Hamilton and Kirkland colleges, the response was similar. The Monday of the shootings, according to Kirkland President Samuel Babbitt, "students here approached me along with other members of the faculty with the proposal that a schedule of extraordinary events was be planned for Tuesday, May 5, so that the college and its individual members might come to know their minds better."

In a letter to Kirkland parents, presumably sent to assuage their fear and concern for their students and their chosen institution, President Babbitt said, "At 1 p.m. the community held an outdoor rally at the entrance to McEwen Hall, at which I was asked to express, on behalf of all of us, our concern and anguish at the events which were taking place."

He continued, "that afternoon, students of both Hamilton and Kirkland Colleges began a somber and peaceful march down the hill to the central park in Clinton." In what was both a remarkable display of community amongst the students, as well as with the faculty, over 1,000 people walked quietly and peacefully down College Hill Road to the Village Green in Clinton. There, they would discuss amongst themselves and generally demonstrate their feelings on the war, its apparent escalation, and the deaths of other college students who had been fired upon for similar demonstrations. It was indeed a somber affair, but a courageous one.

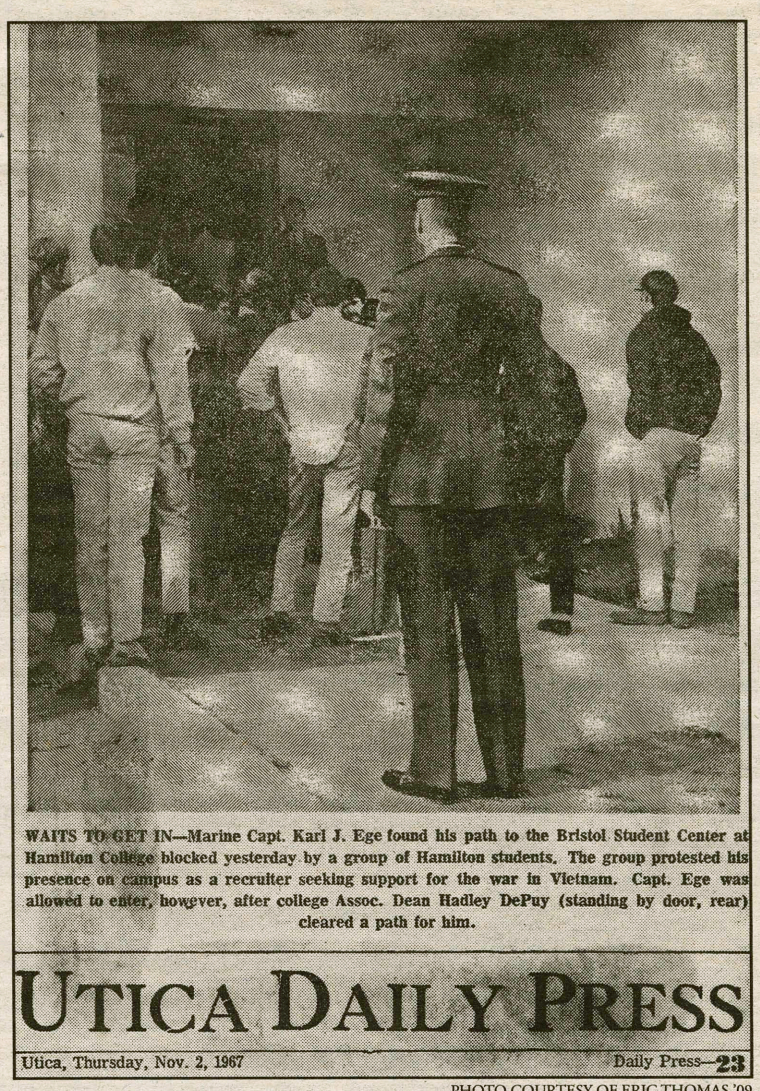
The town's response was for many to board up shop windows and close their businesses for the day. Student riots had broken out in Chicago, Berkeley and New York City already, and it is fair to say that local merchants didn't know what to expect from their local "radicals."

But not a single shop window was broken. After the demonstration, some students stayed in the village to clean up trash and pamphlets that had been left on the green. Even during the rally, which included almost everyone from both campuses, students were apparently considerate, keeping off designated areas that had been reseeded by the town that Spring.

Later that week, students further demonstrated, this time with open letters to Congressman McEwen in numerous upstate newspapers. "We urge you to impress upon President Nixon to stop the war in Indochina," they wrote (because it was unconstitutional, they added, and "not in the best interest of the north country!"). In addition, the Hamilton UNDO chapter (Union for National Draft Opposition) released a statement of intent, and dispatched delegates to a conference at Princeton University later that month.

The spring of 1970 could justly be called the high water mark of student activism at Hamilton and Kirkland Colleges. The daylong general strike on May 5, and the protest march signaled not only students' willingness to speak out, but also their anger over the unjust killing of their fellow demonstrators in Ohio.

Next week: Who are Hamilton's current activists? What has changed since the 1970s? And has "our generation" become apathetic?



WAITS TO GET IN—Marine Capt. Karl J. Ege found his path to the Bristol Student Center at Hamilton College blocked yesterday by a group of Hamilton students. The group protested his presence on campus as a recruiter seeking support for the war in Vietnam. Capt. Ege was allowed to enter, however, after college Assoc. Dean Hadley DePuy (standing by door, rear) cleared a path for him.

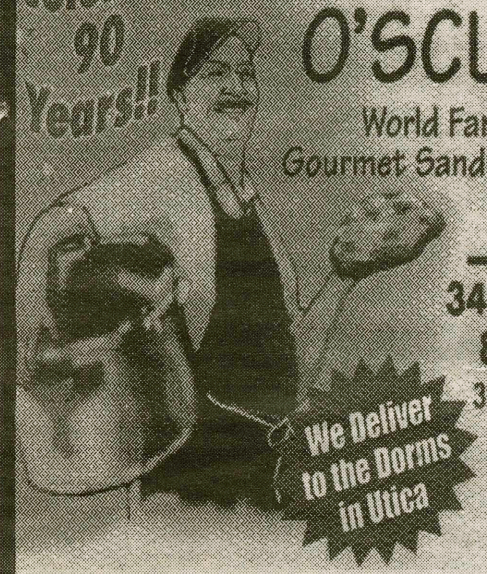
UTICA DAILY PRESS

Utica, Thursday, Nov. 2, 1967 Daily Press—23

PHOTO COURTESY OF ERIC THOMAS '09

Hamilton activism was covered in the Utica Daily Press.

ADVERTISEMENTS



THE "KING OF PIZZA"
SINCE 1914

O'SCUGNIZZO'S

World Famous One Of A Kind Pizza, Gourmet Sandwiches, Homemade Soups and Specialty Salads

TWO GREAT LOCATIONS

34 Chenango Ave., Clinton
853-1111 • 853-4444
3963 Oneida St., Washington Mills
737-8000
OR 737-5339 OR 737-9000

OPEN DAILY

College Specials

1) Large Cheese Pizza, 3# Wings, 2 Liter Soda, Only $19.99

2) Fabulous Baby Focaccia Sandwiches Only $5.00 (Add Soup or Salad & a Drink for $1.00 More!)

3) Unique Specialty Salads w/ Garlic Bread Sm.: $3.95 - Lg: $7.95

4) Large Cheese Pizza $8.50! 3 Large Cheese Pizzas $25.00!!

5) Homemade Soups $3.00 Big 16oz. Bowl w/Garlic Bread!

Must Show Valid Student ID

"O'SCUGNIZZO'S FAMOUS ORIGINAL STYLE"

* PIZZA *

LARGE (SQUARE 12 PIECES) $10.50 • SMALL (ROUND 6 PIECES) $6.25

"TRADITIONAL TOPPINGS"

EACH ITEM: SM. $.75 / LG. $1.50

SAUSAGE	MEATBALLS	FRESH TOMATO
MUSHROOMS	HOT PEPPERS	EXTRA CHEESE
PEPPERS	ANCHOVIES	ONIONS
BAKED HAM	PEPPERONI	BLACK OLIVES

"GOURMET & SPECIALTY TOPPINGS"

ARTICHOKES	2.25/3.25	BACON	1.00/1.75
CURED OLIVES	1.50/1.75	ROASTED PEPPERS	1.50/1.75
PORTOBELLO MUSHROOMS	2.25/3.25	CHERRY PEPPERS	1.00/1.75
SPINACH	1.00/1.75	PINEAPPLE	1.50/2.50
SUN DRIED TOMATOES	1.50/2.50	CHICKEN BREAST	2.25/3.25
RICOTTA	1.95/2.95	BROCCOLI	1.50/2.50
BABY CLAMS	1.95/2.95	CARAMELIZED ONIONS	1.50/2.50
GORGONZOLA CHEESE	1.50/2.50		

* PIZZA ALSO AVAILABLE IN*

"WHITE STYLE" (OLIVE OIL, GARLIC, MOZZARELLA)
OR "PINK STYLE" (JUST A HINT OF SAUCE UNDER THE CHEESE)!

"CHICKEN WINGS"

SOLD BY THE POUND (8-10 PER LB.) & SERVED WITH CARROT & CELERY STICKS!

"BUFFALO STYLE"

MILD • MEDIUM • HOT • ABUSIVE • BARBEQUE

$4.60/LB 3 LBS: $13.50 5 LBS. $21.50

EXOTIC SPECIALTY WINGS"

BUTTER, GARLIC & WINE • HONEY MUSTARD • SWEET & SOUR • TERIYAKI

$4.95/LB 3 LBS: $14.50 5 LBS: $22.50

"OUR FABULOUS HOMEMADE BLUE CHEESE $1.00 (4 OZ.CUP)"

DAILY " LUNCH FOR ONE" VALUE MEALS:"

#1	2 CHEESE SLICES & SODA	$5.00
	WITH SAUSAGE OR PEPPERONI	$5.50
#2	ANY BABY FOCACCIA SANDWICH WITH YOUR CHOICE OF: SOUP OR PASTA SALAD OR MARINATED VEGETABLE SALAD OR GARDEN SALAD AND SODA	$6.00
#3	A HALF ORDER OF THE DAYS LUNCH ENTREE, A MINI GARDEN SALAD OR SOUP & SODA	$6.00
#4	A LARGE BOWL OF HOMEMADE SOUP, GARLIC BREAD AND A MINI GARDEN SALAD & SODA	$6.00

"FINGER FOODS"

FRIED MOZZARELLA STICKS (6) W/MARINARA DIPPING SAUCE $5.25
CRISPY CHICKEN FINGERS (5) W/CHERRY BBQ DIPPING SAUCE $5.50

"OUR FAMOUS HOMEMADE SOUP"

A DIFFERENT DELICIOUS BREW EVERY DAY "BETTER THAN GRANDMA'S!"
W/GARLIC FOCACCIA BREAD: BIG 16 OZ. BOWL $3.50 8 OZ. CUP $1.95

"SPECIAL OF THE DAY"

EACH DAY A DIFFERENT OFFERING FROM A ROTATING LIST OF OUR SIGNATURE DISHES-SERVED W/GARLIC BREAD. FULL ORDER: $6.50 HALF: $5.55

~ DESSERTS ~

"OUR BEST CHOCOLATE CAKE	$3.75	"24 KARAT CARROT CAKE	$3.75
KARLA'S "KILLER" CHEESECAKE	$3.75	TURTLE CHEESECAKE	$3.75
BILL'S APPLE BREAD PUDDING	$3.75	LEMON BERRY TIRAMISU	$3.75
BISCOTTI	$1.25		

* ORIGINAL FOCACCIA SANDWICHES *

"BABY THEY'RE THE GREATEST!!"

OUR NOW LEGENDARY SANDWICHES SERVED ON HOMEMADE FOCACCIA BREAD

FULL SIZE: $6.30 BABY SIZE: $5.55

(MAKE 'EM ATKIN'S FRIENDLY ~ JUST ASK US TO HOLD THE BREAD!)

GRILLED CHICKEN CLUB
GRILLED BREAST OF CHICKEN WITH HICKORY BACON, FRESH ROMAINE LETTUCE, SLICED FRESH TOMATOES AND REAL MAYONNAISE.

GRILLED CHICKEN CAESAR
GRILLED BREAST OF CHICKEN, FRESH ROMAINE LETTUCE, SLICED FRESH TOMATOES & OUR FABULOUS HOUSE CAESAR DRESSING

GRILLED CHICKEN CORDON BLEU
GRILLED BREAST OF CHICKEN, SMOKED VIRGINIA HAM, SMOKED MOZZARELLA, FRESH ROMAINE LETTUCE AND SLICED FRESH TOMATOES WITH OUR FANTASTIC HOMEMADE HONEY MUSTARD DRESSING.

COLD ROAST PORK SANDWICH
LEAN PORK LOIN SLICED THIN W/ASIAGO CHEESE, RED ROASTED PEPPERS, FRESH ROMAINE LETTUCE AND OUR FAMOUS GARLIC BASIL MAYONNAISE

ROAST BEEF SUPREME
COLD, TENDER, MEDIUM RARE PRIME BEEF RIB SLICED THIN WITH SHARP CHEDDAR CHEESE, GRILLED SWEET ONIONS, FRESH ROMAINE LETTUCE, SLICED FRESH TOMATOES & OUR JAZZY HORSERADISH MAYONNAISE.

MARINATED VEGETABLE SANDWICH
ZUCCHINI, BROCCOLI, SWEET PEPPERS, MUSHROOMS, ONIONS, BABY CARROTS, SUGAR SNAP PEAS, GREEN BEANS, SUN DRIED TOMATOES, EGGPLANT & MUSHROOMS IN A BALSAMIC MARINADE, W/ROMAINE, TOMATOES & FETA CHEESE.

THE ITALIAN STALLION
CAPPICOLA, SALAMI, ASIAGO CHEESE, ROASTED PEPPERS, FRESH ROMAINE LETTUCE & SLICED TOMATOES WITH OUR SUN DRIED TOMATO VINAIGRETTE.

CHARLIE TUNA
ALL WHITE MEAT TUNA MIXED W/MAYO, CELERY, & A BIT OF SWEET PICKLE RELISH, TOPPED W/ROMAINE, CHEDDAR CHEESE & THINLY SLICED CUCUMBER.

EGGPLANT PARMIGIANA SANDWICH
FRESH EGGPLANT CUTLETS, BREADED & FRIED, LAYERED WITH OUR FAMOUS TOMATO SAUCE, IMPORTED PECORINO ROMANO & GOBS OF MOZZARELLA.

EGGPLANT PARMIGIANA DINNER
AS ABOVE SERVED W/GARLIC BREAD FULL: $7.95 HALF: $4.9

"FRESH SALADS"

(SERVED W/GARLIC FOCACCIA BREAD)
(ADD A GRILLED CHICKEN BREAST TO ANY SALAD FOR AN ADDITIONAL $3.95 FOR FUL SIZE SALADS OR $2.00 FOR SIDE & MINI SIZE SALADS)
FRESH GARDEN SALAD FULL: $7.50 SIDE: $4.50 MINI: $2.5

PENNE PASTA SALAD FULL: $7.95 SIDE: $4.50 MINI: $2.5
IMPORTED PENNE' W/BROCCOLI FLORETS, ROASTED PEPPERS, SUGAR SNAP PEAS, SU DRIED TOMATOES, ZUCCHINI, PEPPERS, EGGPLANT, MUSHROOMS, OLIVES & MORE ALL TOSSED WITH OUR OLIVE OIL-ROMANO CHEESE DRESSING.

CAESAR SALAD FULL: $7.95 SIDE: $4.50 MINI: $2.5
FRESH ROMAINE LETTUCE, TOMATOES, CUCUMBERS & HOMEMADE CROUTONS TOSSED W/OUR OWN HOUSE CAESAR DRESSING.

MARINATED VEGGIE SALAD FULL: $7.95 SIDE: $4.50 MINI: $2.5
FRESH BROCCOLI, SUGAR PEAS, GREEN BEANS, BABY CARROTS, EGGPLANT, ZUCCHINI, ROASTED PEPPERS, SUN DRIED TOMATOES, ONIONS, MUSHROOMS & MORE IN ZESTY BALSAMIC MARINADE W/KALAMATA OLIVES & FETA CHEESE.

HOUSE ANTIPASTO FULL: $9.95 SIDE: $5.95 MINI: $3.9
ROMAINE LETTUCE, TOMATOES, ASIAGO CHEESE, IMPORTED SALAMI, KALAMATA OLIVES, RED ROASTED PEPPERS, PEPPERONCINI, CECI BEANS, SLICED CUCUMBERS & CAPERS WITH OUR BALSAMIC VINAIGRETTE.

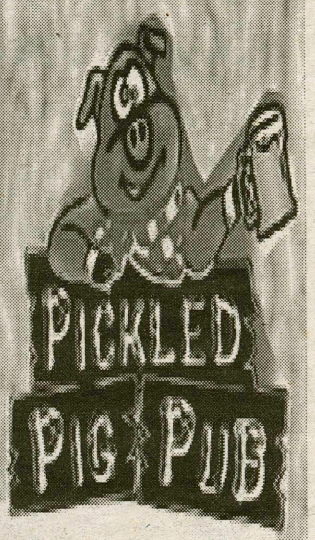
SWEET SPRING MIX SALAD** FULL: $9.95 SIDE: $5.95
FRESH BABY FIELD GREENS, ORANGE & GRAPEFRUIT SEGMENTS, CREAMY GOAT CHEESE & TOASTED WALNUTS W/RASPBERRY VINAIGRETTE DRESSING!

FRESH SPINACH SALAD** FULL: $9.95 SIDE: $5.95
FRESH PREMIUM SPINACH, GRAPE TOMATOES, HARD COOKED EGGS, HICKORY BACON FRESH RAW MUSHROOMS, ARTICHOKE HEARTS & IMPORTED FETA CHEESE WITH OUR TASTY SUNDRIED TOMATO VINAIGRETTE DRESSING.
SPRING MIX & SPINACH SALADS SUBJECT TO AVAILABILITY

WE DELIVER LUNCH & DINNER!

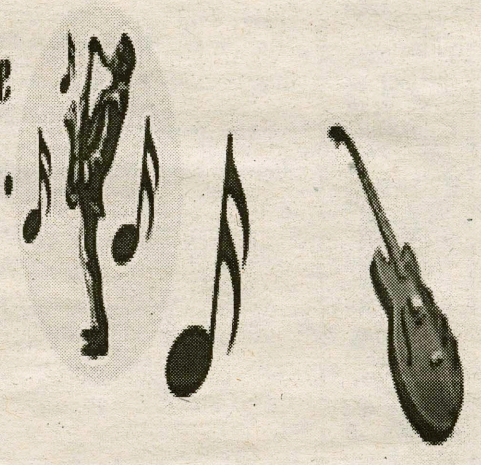
Come in and sample our famous original style pizza, gourmet specialty pizzas, Buffalo style and exotic specialty chicken wings, daily specials, great homemade soups, salads, "The best sandwiches in the universe" & sinfully delicious homemade desserts.

Piggy Pat's B-B-Q



BLUE · BLUES · & BAR-B-QUE

EVERY SAT NITE 8:30



LIVE BLUES BAND

McCann

FRIDAY Irish Happy Hour- Donal O'Shaughnessy/ drink specials
SATURDAY-BLUE,BLUES and BBQ /pitchers of Labatts Blue, $5.00
Live Blues band-Bernie Clark and the Rhythm Sharks

ADVERTISEMENTS

Movieplex 9

24 HOUR MOVIE INFO 363-6422

GLENWOOD SHOPPING PLAZA

WWW.HOLLYWOOD.COM RT. 5 & 46 ONEIDA

SHOWTIMES BELOW ARE GOOD THRU THUR 4/12

TARANTINO.RODRIGUEZ.
GRINDHOUSE STADIUM SEATING
●12:20●4:10▲8:00 DTS R

DON CHEADLE - ADAM SANDLER
reign over me
●1:20●4:00-6:40▲9:20 R

THE REAPING HILLARY SWANK
●1:10●3:20●5:30-7:40▲9:50 R

WILL FERRELL-JON HEDER #1 MOVIE
BLADES OF GLORY
●12:50●3:00●5:10-7:20▲9:30 DTS PG-13

DISNEY'S **MEET THE ROBINSONS** STADIUM SEATING
●12:00●2:20●4:40-7:00▲9:15 DTS G

ARE WE DONE YET?
●1:00●3:10●5:20-7:30▲9:40 DTS PG

FIREHOUSE DOG
●1:45●4:15-6:50▲9:20 PG

TMNT ●2:10●4:20-6:30 PG

WILD HOGS
●12:25●2:40●4:55-7:10▲9:25 PG-13

THE LAST MIMZY ●12:05 PG

SHOOTER ▲8:40 R

●MATS DAILY▲LATE SHOWS NITELY
ADMISSION $4.75 ALL SHOWS BEFORE 6:00
EVENING ADMISSION W/COLLEGE ID $5.75

MARTHA MITCHELL, STUDENT, CITIZEN, AND SECOND LIEUTENANT, U.S. ARMY.

STUDENT CITIZEN OFFICER

Graduate Loan-Free

The Army Health Professions Scholarship (HPSP), pays for Medical or Dental School. A few of the Many benefits are: 100% full Tuition, Over $1300.00 per month Stipend, and reimbursement for cost of required books and equipment. If you're in or about to enter a professional school find out how the Army HPSP can help you achieve your career goals.

Contact SFC Daron Seymore at 877-834-4518 or email daron.seymore@usarec.army.mil

©2006. Paid for by the United States Army. All rights reserved.
*Benefits based on qualifications. Information subject to change. See your local U.S. Army Health Care Recruiter for the latest information.

U.S.ARMY

The Career Center

Systems Analysis Specialist

Insurance Underwriter

Software Analyst

New York State Senate Fellowships

U.S. Environmental Protection Agency Intern

Internship
The Corwin House Museum

U.S. House of Representatives

Animal Welfare Intern

Biomedical Research Technician

Teacher

Counselors, Aides and Research Assistants

Environmental Campaign Staff

Victim/Witness Advocate Internship

Editorial Interns
Advertising Interns

Litigation Legal Assistant

Production Apprenticeship
Hartford Stage

Analyst
Raines International, Inc.

Columbia Artists, Atlantic Rcords Interns

Summer Intern

Market Research Analyst

Financial Services Internship

Environmental Associate
Maxymillian Technologies, Inc.

Peace Corps Volunteer

Electronic Production Specialist

Assistant, Africana and Latin American Studies (Colgate University)

This is only a sampling of available positions. Log-on to HamNET to search for more!

HamNET is our on-line database of jobs & internships that are offered by Hamilton alumni or employers who historically recruit Hamilton students.

For additional resources to help you find jobs & internships, please check out our web site at: http://my.hamilton.edu/careercenter

ARTS & ENTERTAINMENT

Weekly Charts

by Nicole T. Dietsche '09
Arts & Entertainment Editor

MUSIC
(From iTunes)

Top Albums

1. Shock Value - Timbaland
2. Fragments from a Space Cadet - Kenneth Bager
3. Back to Black - Amy Winehouse
4. The Last Resort - Trentemoller
5. The Very Best of The Doors - The Doors

Top Songs

1. Beautiful Liar - Beyonce & Shakira
2. Grace Kelly - Mika
3. I Won't Be Crying - Infernal
4. Give It To Me - Timbaland feat. Nelly Furtado and Justin Timberlake
5. Say It Right - Nelly Furtado

MOVIES
(Yahoo! Box Office Charts)

1. Blades of Glory
2. Meet the Robinsons
3. 300
4. TMNT
5. Wild Hogs
6. Shooter
7. Premonition
8. The Hills Have Eyes 2
9. Reign Over Me
10. The Last Mimzy

BOOKS
(From The New York Times Best Seller List)

Paperback Fiction

1. TWO LITTLE GIRLS IN BLUE, by Mary Higgins Clark
2. JUDGE & JURY, by James Patterson and Andrew Gross
3. THE MEMORY KEEPER'S DAUGHTER, by Kim Edwards
4. SHIVER, by Lisa Jackson
5. MORNING COMES SOFTLY, by Debbie Macomber

Paperback Non-Fiction

1. THE MEASURE OF A MAN, by Sidney Poitier
2. THE GLASS CASTLE, by Jeannette Walls
3. AT, PRAY, LOVE, by Elizabeth Gilbert
4. THE YEAR OF MAGICAL THINKING, by Joan Didion
5. 90 MINUTES IN HEAVEN, by Don Piper with Cecil Murphey

An Exlusive Interview with Ellis Paul

by Eric H. Thomas '09
Arts & Entertainment Writer

When Ellis Paul first came to Hamilton College in 1992, he didn't have CDs or a record label to promote his tour. Instead he had boxes of cassettes (remember those?) for sale to anyone interested enough to spend a few dollars on a Boston singer-songwriter. Now, fifteen years (and fifteen Hamilton visits) later, some things have changed. There's the new baby, and the new house in Virginia. There's the "British lady" in his car GPS who tells him how to get to gigs, and there's the couple of movies for which he's written.

But a few things haven't changed much. He is still *the* most successful acoustic coffee house performer to play on campus, filling the barn year after year with a combination of enthusiastic fans and curious newcomers. But the newcomers always seem to become fans, and Ellis Paul keeps coming back.

"I love it because you guys go all over the country," Mr. Paul explained as he opened the show, debuting a brand new tune. "There isn't a town in the country, it seems, where there isn't a Hamilton student. People come up to me and say, 'I saw you at Hamilton back in '97!' It's great."

I had the good fortune to sit down with Mr. Paul before his show last week, and got to ask a few questions about life on the road, songwriting, and perfect shows.

PHOTO COURTESY OF WWW.ELLISPAUL.COM

Ellis Paul performed for the fifteenth year in a row at Hamilton this past Thursday.

I WANTED TO ASK YOU A LITTLE ABOUT YOUR START, YOU'VE BEEN COMING TO HAMILTON FOR SO LONG, I WONDER IF PEOPLE KNOW HOW YOU GOT INTO MUSIC. YOU WERE A STUDENT AT BC?

Yeah, I started playing at BC when I was a junior in college, and then I eventually just dove into it. It's one of these things where, if you have the inclination to do it you really… it's an addiction, almost. It's like crack, but made of wood and with six strings, so… I played and played and played and my studies sort of got left on a back burner. And then I graduated from school and started doing all the open mic clubs in Boston. There were a few that I could do, and I could play every night of the week at open mics and did that as often as I could, you know, and then eventually those clubs hired me as an opener and I built a following.

WHEN DID YOU FIRST GET SIGNED?

With Rounder? In '94. Yeah, I put the first two records out by myself and they distributed the record and they saw how many they were selling and they decided that they wanted me on board.

WAS IT DIFFICULT TO RECORD YOUR OWN STUFF THEN? I KNOW THAT IT'S BECOME MUCH EASIER NOW…

Yeah, I mean… everyone can afford to have a studio in their house nowadays, it seems if you have $10,000 to spare, instead of spending it recording an album, you just buy a studio and record forever, you know? So it is a lot easier now, in part because of the internet, you know, internet and technology just blossomed in that time, and cell phone technology really blossomed. It used to be really hard for me to be away from home and talk to loved ones and family members maybe once a day… at a gas station… at midnight. Now anytime I even have an inkling I need to say anything to anybody, I just call them. It's great.

BUT IS IT STILL HARD, BEING ON THE ROAD? IS IT SECOND NATURE AT THIS POINT?

It's second nature but I don't go out for more than four or five days, and then I fly home for a few days, so I get family time.

AND ARE YOU STILL LIVING IN EDGECOMB [MAINE]?

No, actually, my wife and I moved to Virginia, actually, we got a house there… and the new baby.

CONGRATULATIONS.

Thank you, thank you.

I WANT TO TALK A LITTLE BIT ABOUT GIGS AND VENUES THAT YOU PARTICULARLY ENJOY, ARE THERE ANY TYPES OF SHOWS THAT ARE BETTER THAN OTHERS?

You know, a good gig is a good gig no matter where it's at. I mean, you can have a good gig in a church basement or a good gig at the Newport Folk Festival. If you play well, and people respond and are enthusiastic, so you know… I played a lot of really bad college gigs where you are sort of background noise. So I tried to edit those out of my life before I was thirty and it so happened that Hamilton's got one of the best college folk venues in the country, so I get to do my thing, and I feel like people are respectful and the space is beautiful. It sounds good, the sound engineers are great, especially this year, so it's great.

WHERE DID YOU DRAW YOUR INITIAL INFLUENCES IN SHAPING YOUR SOUND?

Well, I like the great poetic songwriters, Dylan and Joni Mitchell… I like James Taylor for the clarity of his voice and the guitar playing. I like Neil Young for the bizarre nature of his voice and the lyrics and the guitar. So, I'm pretty much a nut for the acoustic guitar, acoustic piano, and voice. I like Billy Joel and Elton John, when they were doing a sort of county-rock kind of thing. I like Rod Stewart, in the early seventies when he was doing folk-rock instead of disco. That era, from '64 or '65, through the early seventies, that's sort of where all my heroes fall… guys like Jackson Browne, and John Prine.

AND WHO DO YOU LIKE NOW?

Well, you know… Antje Duvekot is one of my best friends now, and I really like her music.

John Gorka, Bill Morrissey, on the folk scene, like Vance Gilbert. A lot of people you've had through [at Hamilton], like Patti Griffin.

WELL, WE'RE BIG ON THE FOLK CIRCUIT UP HERE. WHERE DOES YOUR SONGWRITING COME FROM, IS IT ABOUT MUSIC AND MELODY, OR DO THE LYRICS COME FIRST? HOW DO YOU WRITE?

Well, it all depends really, on where the song hits me, but I am a lyric-driven songwriter, so the lyrics are really the most important thing, and then melody, and then whatever the accompaniment is… I'm a decent guitar player, I'm a good lyricist… I'm not Dylan and I'm not Jimi Hendrix, you know, I make do with what I have. But what I like is a good story, I like good visuals, so I like visual songwriters, people that write music and create imagery with great metaphor.

WHAT HAS THE EXPERIENCE OF WRITING FOR MOVIES BEEN LIKE?

It's been cool, and most of the time, most of the stuff that's happened has been that the directors or the producers just come across my music and they pull it in. Sometimes I've had to write for the film itself, and they'll send me a script and I'll have to read the script and get a sense for who the characters are, and I like it either way. I don't mind writing for a scene or a movie because I feel like you get to know these people who are in the movie, their characters, and what their motivations are and so it's almost exactly the same as writing from my own motivations or from people I know. So it's fun.

IS THAT SOMETHING THAT'S COME ALONG MORE OR LESS RECENTLY?

It's more and more… it's happening more and more now. Just a lot more writing…I'm doing a lot more writing at home now, and trying to kind of back off a bit from having my entire career based around traveling, traveling, traveling. I'd rather write, but I love playing and performing, though… I'd like to be a little more at home and write a little bit more there.

WHAT IS IT THAT YOU LOVE ABOUT BEING ON THE ROAD, PERFORMING?

The greatest things are those nights when you're on and the audience is on, and you feel like you're really connected, and the sound is good… you have all these ingredients in sort of a perfect pie, and occasionally one ingredient being off can sort of make for a half eaten pie, so I like things firing on all cylinders.

And you know, the drawbacks of being on the road can be tough, like car accidents or guitars getting destroyed or lost on airplanes, but I haven't had a really hard night.

I'm sort of lucky… I'm lucky to be here doing this.

WHAT ADVICE WOULD YOU GIVE TO OTHER ASPIRING SONGWRITERS?

Well, it's hard. For one I would let them know that, if they want to make a lot of money… folk singing isn't exactly the greatest way. I mean, but, there are a lot of us who have had really great careers and been able to feed our families and have a house and send our kids to college and all that. But the commitment is great. It's a word of mouth kind of thing, and it's not a commercial enterprise, so you have to be on the road for several years before you see the payoff, really. So the sacrifice is great, but if you want to do it, I'd say start as soon as you can.

It's a lot easier in your twenties and thirties than it is in your sixties or fifties, and so if you've got that dream, chase it.

New Ferrell Film

by Rebecca Griffin '09
Arts & Entertainment Writer

Put Will Ferrell on figure skates and you know that laughs will follow. Ferrell and Jon Heder team up in *Blades of Glory* to play figure skating's first male pairs skating team.

Ferrell is his usual comedic genius as Chazz Michael Michaels, an overly sexual, bad boy skater who has a true passion for the sport and the ladies. Sharing that passion is Jimmy MacElroy, played by Jon Heder, Michaels' effeminate polar opposite and skating rival.

WWW.GOOGLE.COM

Heder and Farrell find glory.

After an incident between the two skaters, they both find themselves banned from men's skating. The two take up lives of mediocrity before realizing that a loophole in the skating regulations allows them to continue to compete in pairs skating. Of course the two sworn enemies end up teammates and must take on the sibling skating duo of Fairchild, played by Amy Poehler, and Stranz, a brilliant Will Arnett.

Married in real life, Poehler and Arnett have a somewhat twisted sibling chemistry that just adds to the hilarity of their characters.

Blades of Glory certainly is not deeply emotional or intellectually challenging but it's great for laughs. The movie is full of outrageous cheesiness and pain gags ,but it's flawlessly delivered and unpredictable. The movie also gains a lot from its minor characters. Luke Wilson and Andy Richter have cameos along with some of figure skating's greats including Sasha Cohen, Nancy Kerrigan and Scott Hamilton. Jenna Fischer, best known as Pam from *The Office*, also has real success playing Katy, Stranz and Fairchild's neglected sister and Jimmy's eventual love interest.

The movie is one outrageous stunt after another as the two main characters seek to reestablish themselves into the sport they love while finding some rough spots along the way. The movie manages to be crazy and out there while remaining believable enough to keep the viewer interested in the characters. While some scoff at the idea of a male figuring skating pair, the two are determined to make it to the top because, as Jimmy's voice mail says, "if you can dream it, you can do it."

Children of Men To Be Screened in KJ This Weekend

by Leighton Smith '09
Arts & Entertainment Writer

This weekend the Samuel Kirkland Film Society will be presenting the 2006 hit, *Children of Men*. The film is directed by Alfonso Cuarón, who garnered an Academy Award nomination for his direction. It stars Clive Owen and Julianne Moore.

WWW.MSNBC.COM

Clive Owen and Julianne Moore star in *Children of Men*.

While Cuarón has contributed to a variety of other, more obscure films as a director, producer and screenwriter, you may be most familiar with his 2001 release, *Y tu mamá también,* for which he filled all three roles. Since the success of that movie, he has helmed one other project besides *Children of Men*, *Harry Potter and the Prisoner of Azkaban*. While Potter purists were divided about the film, most critics (and J.K. Rowling) hailed it as the best movie in the series.

In the last five years, Clive Owen has proven himself a versatile actor. He has turned in a number of quality performances in 'cool' roles.

In *The Bourne Identity*, he played the ruthless assassin, The Professor; he was Dwight McCarthy, noir antihero in *Sin City*; and he played an enigmatic bank robber in Spike Lee's *Inside Man*. Owen has shown his range in such films as the dialogue-heavy romantic drama *Closer*, and the whodunit *Gosford Park*.

Owen's co-star in Children of Men is Julianne Moore. Moore is going into her third decade as a major actress. She has taken roles in such diverse areas as comedy (*Boogie Nights, The Big Lebowski, The Ladies' Man*) and horror (*Psycho, Hannibal*), but has earned the most acclaim for her dramatic parts. 2002 was her best year, as she earned two Academy Award nominations: Best Actress for *Far From Heaven*, and Best Supporting Actress for *The Hours*. Moore had previous nominations for *The End of an Affair* (Best Actress) and *Boogie Nights* (Best Supporting Actress).

With this kind of cinematic firepower, it is really no wonder that *Children of Men* delivers. Set in 2027 in the United Kingdom, *Children of Men* gives us a dreary possibility for what the future might hold. The premise is that society has lost its ability to reproduce, and no child has been born in twenty-seven years. If circumstances don't begin to change, the human race faces imminent extinction.

So, nothing to do this weekend? Get to KJ and see how the movie unfolds.

SPEC Tube the playlist...

by Lauren Moon
Editor of Photography
by Melissa Balding
Editor of Photography

1. Keyword: ***"Sheep crash"***
This movie is very short, but we believe in quality not quantity. The title gives you a taste of what ridiculous un-staged sheep antics are about to occur. We challenge you not to burst out laughing at the end.

2. Keyword: ***"Aries Spears rap"***
Aries Spears, most commonly featured on MADtv, does dead-on impressions of JayZ, Snoop Dogg, DMX and LL Cool J. This medley (done at a radio station) is hilarious because not only is he freestyling, but his voice is identical to each of these rappers. Check it out, yo.

3. Keyword: ***"Potter puppets mysterious ticking noise"***
Let these musical puppets give you the "real" sneak preview of the seventh Harry Potter book, and look out for the surprise ending.

4. Keyword: ***"Shoes"***
If you haven't seen this video yet, then we're going to betch slap you, you shetbag.

5. Keyword: ***"Fat kid paintball"***
We fully admit that 15-year-olds playing pranks on each other is hilarious to us. Key up this video if you would like to watch a "pleasantly plump" adolescent trapped on a rock in the middle of a stream screaming obscenities as his friends pelt him with paintballs.

6. Keyword: ***"1000 Hand Dance"***
Perhaps the coolest performance art/dance sequence on youTUBE. We'll give you a hint: It takes place in China, there's lots of crazy colors, and yes, there really are 1000 hands dancing.

7. Keyword: ***(insert genitalia of choice here) "in a Box"***
We cannot imagine a more sincere and heartfelt gesture to please that loving significant other on the special day than… (insert genitalia here) in a box!

8. Keyword: ***"Charlie the unicorn"***
Is there really a Candy Mountain? Can leoplurodons guide the way? What does the letter Y have to do with it all? Are unicorns capable of stealing the organs of their own kind? You need to make sure to watch it 'till the end to answer all of these questions.

9. Keyword: ***"OK Go, on Treadmills"***
Two words: Treadmill dancing.
Two more words: Watch it.

10. Keyword: ***"Sony Bravia"***
For this commercial over a quarter million bouncy balls were actually unleashed onto the streets of San Francisco. If you don't believe us you can also watch the 'making of' version also on youTUBE.

PORN GROOVE PLAYLIST!!!

by Nicole Dietsche '09
Arts & Entertainment Editor

What is porn groove? Yeah, I don't know either. For some reason some of my songs on iTunes are labeled as 'Porn Groove,' hence, the creation of this playlist. I guess sometimes you just gotta work it. And for those times, it's all about the beat. Oh, yeah.

1. ***Please Please Please*** by Head Automatica - The rhythm of this song screams porn groove. It's a sexy, lusty song. It's all in the dragging drums and heavy bass.

2. ***Clothes Off*** by Gym Class Heroes featuring Patrick Stump - Travis McCoy's rapping, the drums and bass, plus Fall Out Boy's lead singer make the song groovable. Plus the lyrics help.

3. ***Worked Up So Sexual*** by The Faint - It might be the title. It might be the drum machine. Or it might be the electronica tinge. The grooving happens, even if it takes a little while to get into it.

4. ***Homewrecker*** by Hellogoodbye - Strong beat paired with a definitively groovable electronica beat. It kind of makes your hips move.

5. ***Jerk It Out*** by Caesars - You know this song. This is one of the original iPod commercial songs where the guy dances like a madman. If your shadow isn't tired already, it will be soon.

6. ***Tell Me Baby*** by The Red Hot Chili Peppers - Has all the working parts to make it groove well: crazy bass line, somewhat indecipherable lyrics and cymbal-heavy drums. You're in business.

7. ***Danger! High Voltage*** by Electric Six - An eighties favorite, especially if you're at an ELS basement party (which, if you go to the right one, has 'porn groove' written all over it). Dragging drums and the bass-driven melody really put this song over the edge. Watch the music video. It's worth it.

8. ***C'mon C'mon*** by the Von Bondies - Everyone pretty much knows this song. Again, the strong drums and bass line kind of steal the show, but that's kind of the whole point of this playlist, isn't it?

9. ***Take It Off*** by The Donnas - Chick rock with definite attitude. The lyrics push it over the edge seeing as the bass line and drums aren't as strong as other songs.

10. ***Sabatoge*** by the Beastie Boys - The whole song is one chord (I do not lie, listen to it), but the way that chord is played plus the heavy drums and the occasional appearance of a bass line drive the groove.

Hamilton Club Sports Enjoy Recent Success:

Cycling Excels in Boston Beanpot, Exiles Host Colgate Saturday, Women's Rugby Looks Ahead

by Rob Dunn '07
Sports Contributor

Hamilton's Cycling Team scored big at last weekend's Boston Beanpot, the largest and most prestigious collegiate cycling event in the country. The team of four scored five top three finishes in the weekend's two races. Steve Frederick '08 won the 55-mile men's B road race on Saturday while successfully navigating Sunday's treacherous six turn criterium for a strong third. Hannah Winer '07 and Adele Paquin '08 had equally strong finishes in the women's introductory category, Hannah with a third place finish in the road race and a second in the criterium, while Adele took second in the road race and seventh in the crit. Nathaniel Brewster '07, in his first races of the season, was placed solidly mid-pack for both the men's B road race and crit. Of the 70+ schools (and 500+ riders) represented, Hamilton placed thirteenth overall for cumulative weekend points, beating the likes of UMass, Tufts, Colby, Brown and Rutgers. The cycling team will be racing this weekend in Burlington, Vermont in what looks to be, weatherwise at least, a truly memorable event. For more information, contact (nbrewste).

Women's Rugby has a tournament at Oswego on April 14, Beast of the East on April 21-22, and hopefully a game against Syracuse on April 28. Practices have begun! For more information, contact Robin at (rpeck).

Men's Rugby traveled to Rochester last weekend for a tournament hosted by RIT. They split the weekend with a win versus Niagara and a tough loss versus Brockport. It was a very close game; Brockport is a Division I team, and Hamilton hung on as long as they could. Next weekend, the team will host rival Colgate. The game will take place on the football practice field, so head out and cheer on the team at 1 p.m. on Saturday. Hamilton and Colgate are huge rivals, and although Hamilton lost to Colgate in Spring 2006, they beat Colgate for the first time in history in Fall 2005 and look to repeat that success. For more information, contact Stephen Rowe (srowe).

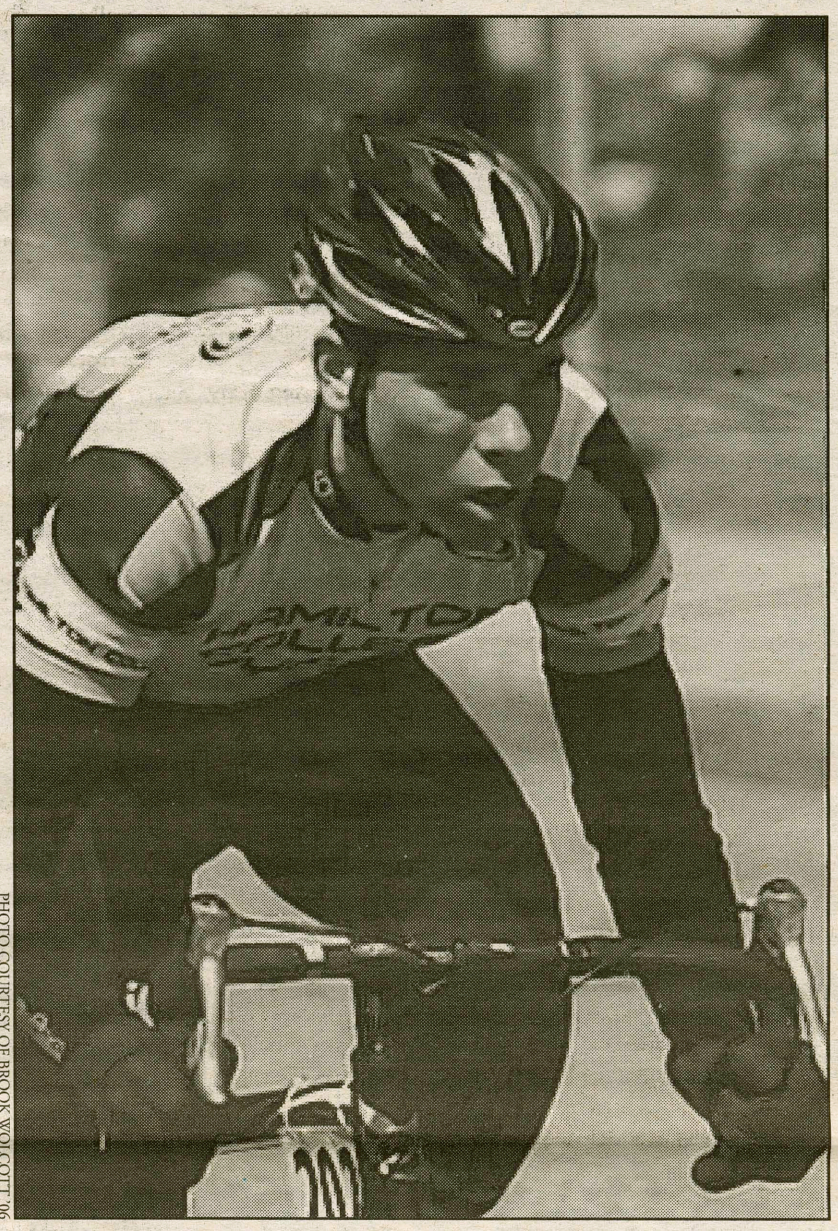


PHOTO COURTESY OF BROOK WOLCOTT '06

Frederick won the 55-mile men's B race at the Beanpot.

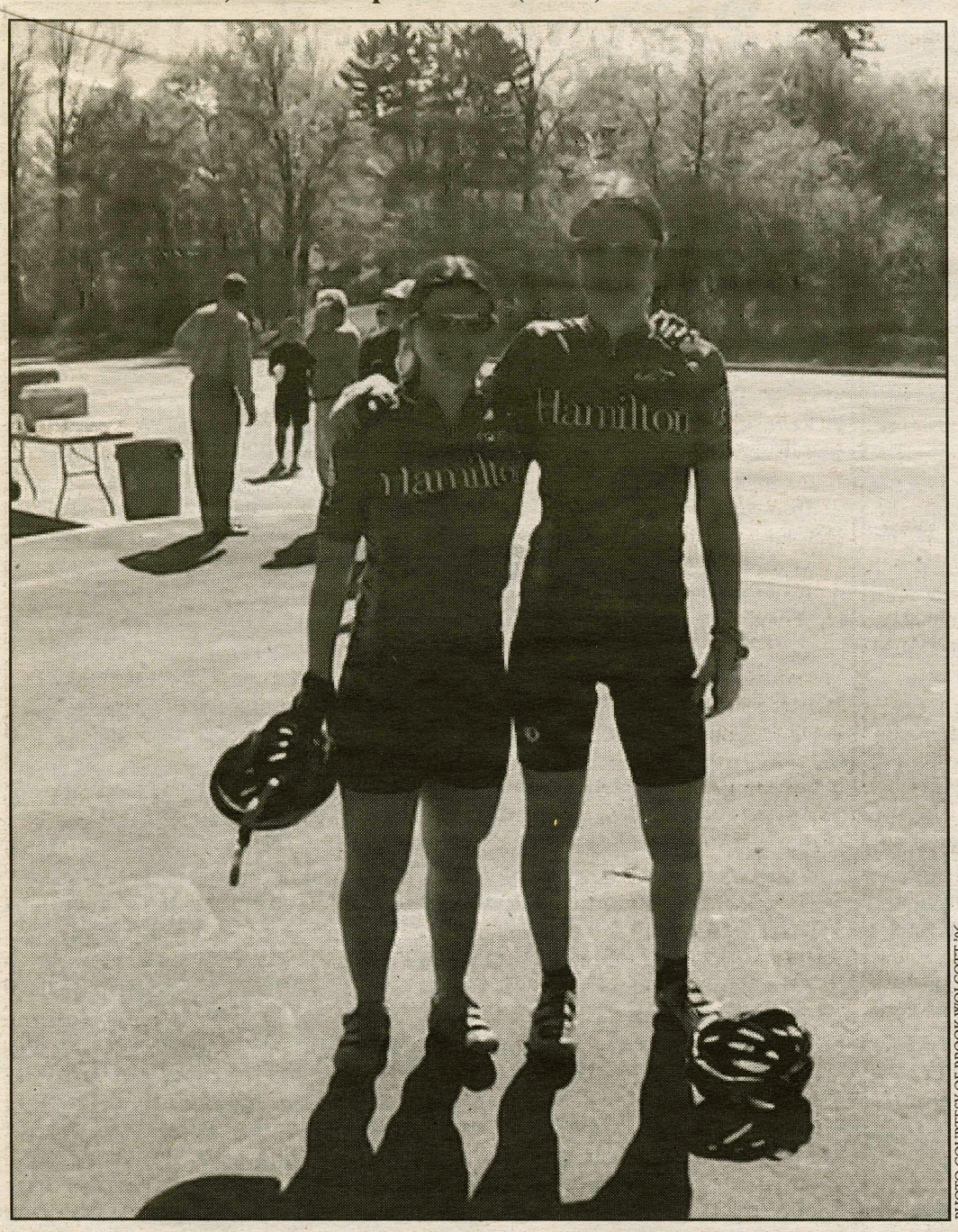


PHOTO COURTESY OF BROOK WOLCOTT '06

Winer and Paquin improved upon last year's success at Boston's Beanpot.

Hamilton By the Numbers

Baseball: 4-5

Men's Crew: 4th Place Finish at Aiken/ Augusta Invitational

Women's Crew: 2nd Place Finish at Aiken/Augusta Invitational

Men's Lacrosse: 2-6

Women's Lacrosse: 5-2

Softball: 0-17

Men's Tennis 0-1

Women's Tennis: 1-3

Men's Tennis Falls in Opener

by Maura Donovan '09
Sports Writer

Last Saturday was the ideal day for the Hamilton College Men's Tennis Team to kick off their spring season. The outdoor courts were finally clear of snow, the sun was actually shining in Clinton New York, and a tennis match was the perfect way to spend a Saturday afternoon. Unfortunately for the Continentals, the beautiful conditions weren't paired with a winning score. Instead, Connecticut College swept the entire match and posted a final score of 9-0. Coach Denby and his players fought for and won many individual points but could not withstand the depth of the Camels.

Even the experienced Jared Solomon '08 was not able to keep up with the Camels' best player and fell 1-6, 2-6 at first singles. Jared Friedberg '09 fared slightly better at the number two slot, winning five games of the match (3-6, 2-6). The team's lone senior and first time player Nick Woodall '07 held his own at fifth singles but could not hold out against Connecticut's Ben Sherman. Ben Freeman '10 stepped up for the Continentals to round out the singles in the seventh position. Though Freeman was shut out in the first set (0-6), he came back to win two games in the second (2-6).

Hamilton's closest competitions of the day involved underclassmen at the number three and four singles positions. Sidd Walia '10 has proved to be a great addition to the team, even this early on in the season. Even though he fell in the first set (4-6) he came back in the second and reversed the score (6-4). This required the match to come down to a tiebreaker. In such an event a player must try to be the first to get seven points. However, they must also win by two. Tiebreakers of closely matched opponents can often take a long time and be grueling for both players. Walia did not come out victorious in his tiebreaker but fought hard until he eventually fell 11-13.

Tom Bacon '09 found himself in a similar situation at fourth singles. The Camels took the first set by four , but Bacon won the second (6-4). His tiebreaker was also fairly long and exciting for both sides. Eventually he also was defeated by his opponent, 9-11.

Doubles did not prove to be any more hopeful for the team as all three pairs fell to Connecticut. After standing out in his singles play, Walia teamed up with Solomon at the highly competitive first doubles position. However, the team still came up short, 3-8. The sophomore duo of Friedberg and Bacon lost by only four games at the second slot, as did Woodall and Freemen, who played at the third.

While a loss to Connecticut may not have been the way the Continentals wanted to start the spring season, the Camels are indicative of the high caliber teams they will face in the months ahead. Today, Middlebury College will arrive in Clinton to face off at 4 p.m. If the snow holds off, the Continentals will be in store for some great competition; Middlebury is currently ranked third in the nation. Even though facing such a team is daunting, Hamilton will be far better prepared for the following week's matches. The Continentals will travel to Hobart on Wednesday, April 11, then to Hartford to face-Trinity on April 14.

Track Team Shines in First Meet

Belden '07 and Bond'09 Break School Records

by Brandon Leibsohn '10
Sports Editor

The Men's Outdoor Track and Field Team started their spring season out with great success. The Ithaca College Invitational produced many spectacular performances from the members of the team. Allan Guiney '08 was named Men's co-Track Performer of the Week for the Liberty League after he finished in first place in the 5,000-meter run. He steam-rolled the competition, beating his closest competitor by 15 seconds.

TiDelco Ductan '09 also won the triple jump over ten other competitors. Ductan was named Men's co-Field Performer of the Week by the Liberty League for his great performance. Not only did the men's team win these two events, but they also got a second, a third, and a fourth place finish in other events. Peter Kosgei '10 came very close to winning the 3000-meter steeplechase and lost by less than two seconds. Claudius Zorokong '08 participated in the long jump and came in third place. Bill Kearney '08 took fourth place in the shotput. Future success is inevitable for this team if the athletes continue to perform like they did in their first meet.

The Women's Outdoor Track and Field Team turned out a tremendous performance as well in the Ithaca College Invitational. Laura Belden '07 was named co-Field Performer of the Week by the Liberty League. Not only did she receive this tremendous honor, but she also set a school record in the javelin throw with a distance of 35.85 meters. She surpassed her prior record by almost an entire meter.

Powerhouse Akilah Bond '09 set a school record in the long jump. She won first place in two separate long jump events and qualified for the Eastern College Athletic Conference Championships that will take place near the end of May. Lauren Steates '07 came in second place right behind Bond in the triple jump to give Hamilton the top two spots. Kristen Selden '09 was able to come in the top five in two separate hurdle events and Kary Pardy '08 qualified for the ECAC Championship with a third place finish in the hammer throw.

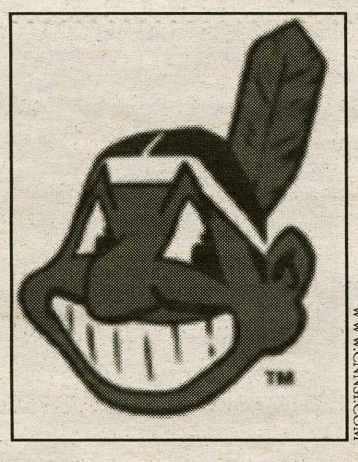
Both the Men's and Women's Outdoor Track and Field Teams are looking forward to great success and the individual performances of many of the athletes have shown that winning is possible. The recent snow cancelled this Saturday's home meet against Ithaca. Despite this setback, both the men and women's teams look forward to repeating last week's great success in future meets.

Major League Baseball Playoff Predictions

by Sean Hopper '08
Sports Writer

Spring training is finally over, and now the 2007 season of Major League Baseball is beginning. This season offers new faces, breakouts, disappointments and surprises that keep sports fans happy. Although there won't be a surprise team, like the Tigers last season to make the playoffs, be on the lookout for a couple of teams on the rise. Even though the Cardinals won the World Series last year, the American League is a stronger league and I think that the winner of the World Series will be from the AL.

AL Central: Cleveland Indians: I wrote about them in Spring Training as a team to watch, and I still believe that they are a team to watch. I know some might disagree with this pick, seeing as this is one of the best divisions in baseball. You could say the Twins, White Sox, Tigers, or Indians and be okay, as anyone of these teams could make it to the playoffs. However, the Indians had a terrific run differential rate last year and that should have predicted many more wins. I believe those wins will come this season. The starting rotation, led by ace Sabathia, is great, the bullpen is much improved, with Sizemore leading off and Hafner hitting monster home runs. The Indians are the team to beat.

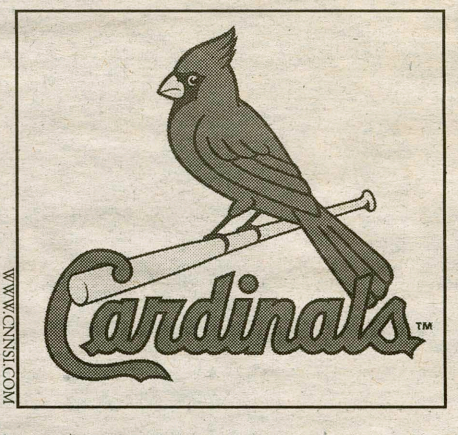


AL West: Los Angeles Angels: Sorry Oakland and Billy Beane, the Angels will win this weak division. I think that the Angels are too good not to take control of the west. They have a good mix of youth and veteran leadership in both pitching and hitting. The lineup's only crutch is the lack of power hitters, but with the addition of Mathews and young hitting sensation Kendrick, the team should produce many scoring opportunites. The starting rotation has Lackey, Escobar, Santana and breakout pitcher Jared Weaver.

AL East: New York Yankees- You might think "oh that's a given," but the Red Sox will be very good this year. The Yankees bring the best lineup in baseball back this year with a healthy Hideki Matsui and very strong bullpen. The only weakness the Yankees have is their starting rotation manned by Cy Young runner-up Wang, Mussina, Pettite, Pavono and Igawa. If one gets injured the Yankees may have a problem, but look for young pitchers Karstens and Hughes to step in during the season.

AL Wildcard: Boston Red Sox: As much as I don't want to admit it the Red Sox will be great this year. Dice K is the real thing, Papelbon is unhittable, and the additions of JD Drew and Julio Lugo will reinvigorate the lineup. Oh yeah, I forgot they still have David Ortiz and Manny Ramirez. They'll give the Yankees a run for their money, but I believe the Yankees will be better.

NL East: New York Mets: They are very similar to the Yankees because they have strength everywhere except for their starting pitchers. With Pedro injured, Glavine will have to lead a cast of young pitchers along with El Duque. This unit can be strong depending on whether or not the young pitchers step up (Pelfrey, Perez, Maine). The batting lineup is great, as the Mets have budding superstar Jose Reyes, Carlos Beltran and power bat Carlos Delgado. The Phillies will give this team a good run for their money, but expect the Mets to pull it out in the end.



NL Central: St Louis Cardinals: The Cardinals are getting older and older. I was almost hesitant to make this selection, but they still have the best player in baseball, Albert Pujols. Players like Edmonds and Rolen will be counted on to help Pujols carry the offensive load, while staying off the disabled list. Any set-backs with injuries will seriously hurt this team. They can't expect to win the division again with a tattered team, especially with how much better the division is. Their rotation needs a boost. Carpenter is great, but behind him I am unsure. Look for young pitcher Anthony Reyes to step up big and be a mainstay in St. Louis for years to come.

NL West: San Diego Padres: Similar to the AL West, this division is weak and the lack of stength will allow many teams to stay in contention for the division's playoff berth. The Dodgers and even the Diamondbacks could pull this out, but I think San Diego's pitching will be their savior. Their pitchers are very experienced and Petco Park is a great pitchers ballpark. Adrian Gonzalez will have to perform even better than last season because the Padres will depend on him to be the ignition of the team's offense.

NL Wild Card: Philadelphia Phillies: This was my hardest pick of all, I couldn't decide between the Phillies, Cubs, or Brewers. With MVP Ryan Howard, Chase Utley and Jimmy Rollins, they have a very nice lineup. Their starting rotation welcomes the addition of Freddy Garcia and the emergence of young pitcher Cole Hamels. They fell just short last season, but they'll make it in with a splash in this year's playoffs.

Write for Spec Sports!
Contact:
Lindsay (lgetman)
Brandon (bleibsoh)

Who's Hot in Hamilton Athletics?

- Liz Longley '07 -

Longley set the new Hamilton Women's Lacrosse record for assists. Her three assists versus Clarkson bring her to 63 total career assists heading into today's game versus Union.

- TiDelco Ductan '08 -

At the Ithaca College Invitational, Ductan captured first place in the triple jump with a mark of 13.45 meters. Ductan's success earned him a men's co-Field Performer of the Week selection.

- Akilah Bond '09 -

Bond won the triple jump and set a Hamilton College outdoor record in the long jump at the scoring Ithaca College Invitational. She qualified for the ECAC Championships in both events.

- Allen Guiney '08 -

Guiney earned first place in the 5,000-meter run with a time of 15:47.40 at last weekend's Ithaca College Invitational. Guiney's performance earned him a men's co-Track Performer of the Week selection.

PHOTO COURTESY OF HAMILTON.EDU

Bond

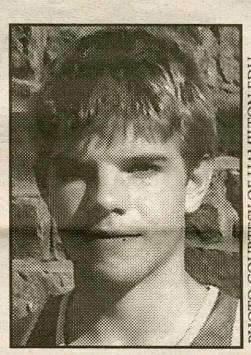


PHOTO COURTESY OF HAMILTON.EDU

Guiney

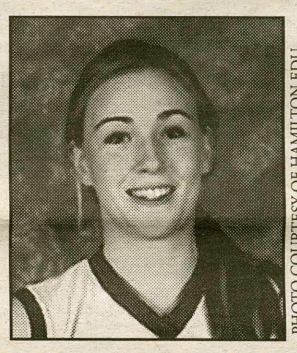


PHOTO COURTESY OF HAMILTON.EDU

Longley

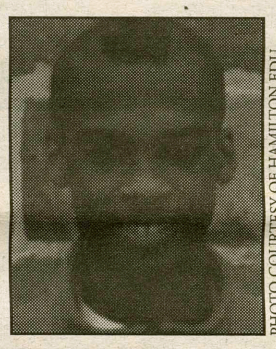


PHOTO COURTESY OF HAMILTON.EDU

Ductan

Beat the Experts

Beat the "Experts" is by no means associated with organized gambling on professional or college athletics.
Each week, we will pick winners in several games, and we will have a special guest pick winners as well.

	Nick Rockwell & Eileen Starrett *Spectator* Senior Sports Editors **51-46**	Brandon Leibsohn *Spectator* Sports Editor **50-47**	Marty Connor *Spectator* Editor-in-Chief **42-55**	Matt Crowson *Spectator* Sci & Tech Editor **49-48**	Lindsay Getman *Spectator* Sports Editor **50-47**
NBA					
Boston @ Indiana, 4/7	Boston	Indiana	Boston	Indiana	Indiana
New York @ Milwaukee, 4/7	Milwaukee	New York	New York	Milwaukee	New York
Washington @ New Jersey, 4/7	New Jersey	New Jersey	Washington	New Jersey	New Jersey
Golden State @ San Antonio, 4/7	San Antonio	San Antonio	Golden State	San Antonio	San Antonio
MLB					
Baltimore @ NY Yankees, 4/7	Yankees	Yankees	Yankees	Baltimore	Yankees
Boston @ Texas, 4/7	Boston	Boston	Texas	Boston	Texas
NY Mets @ Atlanta, 4/7	Atlanta	Mets	Mets	Atlanta	Mets
NHL					
NY Rangers @ Pittsburgh, 4/7	Pittsburgh	Pittsburgh	Rangers	Pittsburgh	Rangers
Buffalo @ Washington, 4/7	Washington	Buffalo	Buffalo	Washington	Buffalo
Ottawa @ Boston, 4/7	Ottawa	Ottawa	Boston	Ottawa	Ottawa

A Hamilton College Student Publication, Clinton, NY Volume XXXXVII Number 23

SPECTATOR SPORTS

April 6, 2007

Women's Lacrosse Wins Three in a Row; Union Today

by Eileen Starrett '07
Senior Sports Editor

The Hamilton College Women's Lacrosse Team is off to a great start this season with a record of 5-2 as they head into a league game at Union College today at 4 p.m.

With an offense led by All-American co-Captains Liz Longley '07 and Inga Stots '07 and a defense helmed by co-Captain and starting Goalie Kalley Greer '07, the Hamilton team looks to improve upon last season's successes. Aiding a talented senior class, Hamilton also boasts an impressive roster of talented juniors, sophomores and first-years. Nicole Tetreault '08 has been named Liberty League co-Offensive Performer of the Week and Division III co-Player of the Week already this season. Tetreault's 12 goals and three assists were an integral part of Hamilton's 3-0 week last week. For points per game, Tetreault is ranked fifth in the league at 3.83, and for goals alone she is also fifth with 3.00 per game.

In their 3-0 week, Hamilton had a come-from-behind win with a 12-10 nail-biter over SUNY Cortland and subsequently trounced League rivals Clarkson and St. Lawrence.

Versus SUNY Cortland, Hamilton was blessed with a beautiful, sunny 45 degree day. During the first half, Hamilton had six goals on 14 shots. They won eight draws but the Conts had five turnovers. Going into the half, SUNY Cortland was up 8-6 but that would soon change. Hamilton dominated the second half with 11 shots to Cortland's eight shots and more importantly, they had six goals compared to Cortland's two goals. Tetreault shined with five goals, Kate Marek '09 chipped in two goals, and Kaillie Briscoe '09 had three of her own. Liz Rave '10 and Stots had one goal apiece. Greer had a great game in goal playing all 60 minutes and notching nine saves for the game. Hamilton came up with a 12-10 win thanks in part to their strong second-half play.

When Hamilton played Clarkson, the Continentals had an unbelievable 28 shots on goal in the first half. These 28 shots translated into 12 first-half goals, which propelled the Conts on their way to a 19-8 win over visiting Clarkson. Versus Clarkson, Briscoe and Longley scored three goals each; Jen McGowan '08, Tetreault, Suzy Belmont '07, Marek and Audrey Nebergall '10 had two goals apiece; and Lauren Tomford '10, Stots, Rave and Liz Pinnie '08 each knocked in one goal for the Conts. In addition to Longley's two goals, her three assists set the Hamilton College assist record. Greer and Kate Fowler '10 split time in goal and Greer notched 6 saves while Fowler had three of her own.

Against St. Lawrence, Tetreault shined again with five goals in Hamilton's 18-6 win. Hamilton's 43 shots on goal dwarfed St. Lawrence's 19 shots. Going into the half, Hamilton was up 10-5 and never looked back. During the second half, Hamilton scored another 8 goals and St. Lawrence only managed to put one more shot in the net. In addition to Tetreault's goals, three seemed to be the magic number. Briscoe had three goals, Belmont had three more, Tomford scored three of her own and Longley chipped in three goals toward the win. Rave had the last Hamilton goal of the first half. Greer spent the whole game in goal and had another eight saves.

Heading into today's game, Hamilton boasts a #10 Division III ranking and a 2-0 league record. Most recently, the Union College women's lacrosse team trained in Florida. After losing to Colby College, they had a 15-10 victory over sixth-ranked Williams College (2-0 entering the game) Thursday. After beating Williams, Union improved to 3-2 on the season and this game marks their Liberty League opener. Let's hope that the Dutchwomen have a tough time re-acclimating to the CNY chill and the Continentals capitalize on their recent success! Good luck to Women's Lacrosse!

PHOTO BY JOHN HUBBARD

Liz Longley '07 fights through several Clarkson defenders en route to a Hamilton victory.

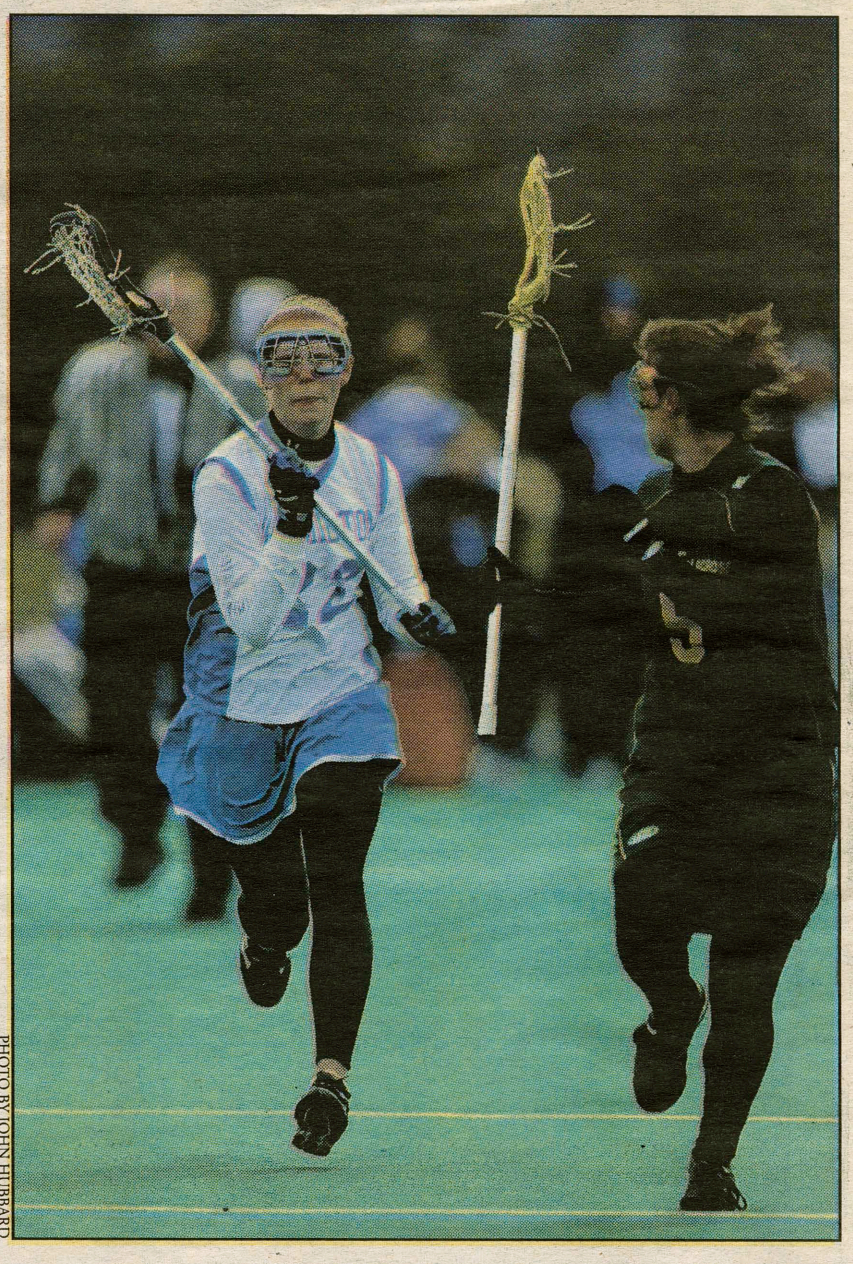


PHOTO BY JOHN HUBBARD

Co-Captain Inga Stots '07 has scored eight goals this season.

This Weekend in Hamilton Athletics:

Friday 4/6:
Lacrosse (W) @ Union
Softball v. Middlebury
Baseball v. Amherst
Tennis (M) v. Middlebury
Tennis (W) @ Wellesley

Saturday 4/7:
Crew (W) @ Union
Crew (M) @ Union
Tennis (W) @ Babson
Lacrosse (W) @ Skidmore
Softball v. Middlebury
Lacrosse (M) @ St. Lawrence
Baseball v. Amherst

Go Blue!